Hotel St. Francis

Book of Recipes

L'Art Culinaire

BY

VICTOR HIRTZLER

SUBSCRIPTION EDITION

Published at San Francisco, A. D. 1910

— by —

PUTNEY HAIGHT

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Hotel St. Francis

Book of Recipes and Model Menus

L'Art Culinaire

By CHEF VICTOR HIRTZLER

Late of Sherry's and Waldorf, N. Y.,
Buffet de la Gare, Strasbourg, Alsace,
and the Grand Hotel, City of Paris

Subscription Price, $3.00
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SAN FRANCISCO
1910

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HOTEL ST. FRANCIS, SAN FRANCISCO

One of the Most Perfect Hotel Establishments in the United States, and the Center for Social, Political and Diplomatic Circles of the Pacific Coast.

Hotel St. Francis, San Francisco

THROUGHOUT the United States, and also in Europe and the Orient, San Francisco's Hotel St. Francis is recognized as one of the most perfectly appointed and operated hotels of this progressive day.

In its proffer of entertainment to traveler, tourist, resident and epicure, the hotel management has made sure of favorable comparison of detail with the most famous hotels of the world.

Of the many features which astonish and surprise traveled guests by the perfection of the house, the cuisine is a wonder and a joy to all. This department is in charge of Victor Hirtzler, whose superior in culinary accomplishment is yet to be discovered.

From a small beginning only a few years ago, and notwithstanding a discouraging set-back of two years immediately following the great fire, the Hotel St. Francis is today recognized as the center of all society, and the gathering place of the elect of California and San Francisco.

To this house come the distinguished visitors from all portions of the world, and none leaves without expression of wonderment at the marvelous service offered at the western extremity of the United States, in the cosmopolitan city of San Francisco.

To say that the St. Francis is the "leading hotel of San Francisco" is equal to saying it is the "leading hotel of the country," and it is quite so—an opinion unanimous among the knowing and fastidious of the world; not a claim made solely by the management.

To Epicurean San Francisco

SAN FRANCISCO has, and for the most part rightly enjoys, the world-wide distinction of being the gastronomic paradise of epicures and good livers. There are many eminent exponents of culinary art within her attractive precincts, but "Chef Victor" is the ruler of them all by right of excellence. The people of San Francisco—as well as thousands of her guests—want the best, will have it, and are willing to pay for it.

It is not to any particular institution that credit is due for the conditions, but to the people themselves. However, in answer to the demand for the surpassing excellence necessary to the happiness of many, the Hotel St. Francis was founded and completed, and the detail of its management perfected under the direction of Mr. James Woods.

Only in a city such as San Francisco, and only from an institution such as the St. Francis could there spring with success a work of the character of L'Art Culinaire. In the words of a typical San Franciscan, L'Art Culinaire is a "memorial to the distinguishing characteristic of our city."

VICTOR HIRTZLER

Chef de Cuisine Hotel St. Francis

Victor Hirtzler, Chef de Cuisine, Hotel St. Francis

TRAVELERS who come to San Francisco may ask: "Who is the mayor?" or "Who is the governor?" or "What is the great street of 'Frisco?" or "What is Chinatown?" But they never ask who is the chef at Hotel St. Francis. They know. They begin talking about Victor as soon as they leave the Oakland Mole. They keep it up till after they leave. They go where they came from and tell all whom they know of Victor. So gradually, everywhere, everyone is getting to know Victor.

The good fame Victor has inspired for San Francisco is a result of pure merit. Victor is pre-eminent in his art—l'art culinaire—and revels and glories in his triumphs.

Chef Victor is a native of Strasbourg, Alsace; he gained distinction in Paris and on a grand tour of the European continent in the train of a noble guest, entertained assembled crowned heads and fashionable nobility at every principal capital in Europe.

Coming to America Victor made his debut at the Waldorf-Astoria, was with Sherry's and a Boston hotel of note, before coming to San Francisco to preside at the Hotel St. Francis, where he has been since 1904.

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THE first, or subscription edition of Chef Victor's "L'Art Culinaire," is designed to supply only those whose names follow, and who formally subscribed to the publication, previous to the volume going into the presses. Other editions are published with the subscribers' names omitted. Following are the names of patrons, to each of whom, one or more volumes of the limited edition is presented:

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Card to Evening Post

THAT the remarkable culinary attainments of Victor Hirtzler, chef de cuisine at the Hotel St. Francis, have been reduced to a form that may be utilized in practical housekeeping by thousands of San Franciscans, who otherwise could only have admired Victor at a distance, and envied those who enjoyed closer acquaintanceship, is due to the enterprise and keen appreciation of San Francisco's valued points manifested by The Evening Post.

The discovery of a way in which every San Franciscan could enjoy the benefit of such a culinary master as Victor, was made by the management of The Post, and promptly executed, to the great delight and edification of thousands.

The publishers of "L'Art Culinaire" wish to express appreciation of the enterprise shown by The Evening Post in giving its readers the first collection of recipes from the pen of a professional, offered to a reading public in this country. The publication of this volume was inspired by the daily recipes published in The Post in the past.

Foreword

THE scope of these Model Menus, and the analyses of same to be found in Part II, covers the full range of the wonderful REPERTOIRE CULINAIRE of Chef Victor. While those more common American dishes, sometimes made indifferently, but which, to be perfect, should be made with utmost care, are herein described, the principal object Chef Victor wishes to attain is to impress upon the readers of this book the value of intelligent and scientific arrangement and preparation of dishes, with especial regard to economy; the maximum nutrition and the maximum appeal to the palate.

Preface

THERE will be found on another page reference to the scope and intent of this volume. However, it may be repeated by the publishers that the idea in compiling this volume has not been so much to offer a complete textbook on cookery, as to present a sort of supplementary guide, which contains recipes of great value to the epicure. The dishes given here are of an especial character, calculated to lend an opportunity to private cooks and housekeepers for the perfection of their home tables. The index, therefore, is not arranged categorically as to individual dishes, but in classes and divisions. Every recipe is worth reading, for there is hardly one recipe which does not contain scientific information that may lead any intelligent cook to modify, readjust and employ principles in many other ways. The author believes that the readers of this volume will be broadened and bettered along culinary lines, as well as benefited by the specific advice contained herein.

Table of Contents—Part I

Victor's Two Hundred Model Menus, Selected to Provide for all Ordinary and Special Meals, will be found:

Special Breakfasts..... 67- 79
Special Luncheons..... 80- 95
Special Dinners..... 96-120
Special Suppers and Midnight Bites.....122-129

Table of Contents—Part II

General Advice on Selections and Points Involving Success in Cooking, by Victor.....149-152

Victor's Own Recipes

Bread, Rolls, Muffins, Buns, etc.....137-147
Soups, Purees, Consommes, etc.....153-162
Preserves, Confections, Nuts, Dainties, etc.....163-171
Ices, Coupes, Fancy Drinks, etc.....173-177
Miscellaneous Special Dishes.....179-181
Hors d'Oeuvres, Tidy Bites, etc.....183-188
Salads, Green Dishes, Heavy and Light Preparations..189-199
Meats, Entrees, Dinner Dishes, etc.....201-234
Cocoa, Coffee, Beverages.....235-236
Eggs—Omelettes and Other Forms.....237-250
Sauces, Dressings, Gravies, etc.....251-263

Vegetables, Special Preparations, etc.....265-272
Pastries, Puddings, Cakes, Desserts, etc.....273-290
Fish, Oysters, Sea Food, etc.....291-308

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Scraps of Culinary Information

IT HAS been the intention of the publishers to have the advice of Victor in the most impressive shape for readers. It is believed that several solid pages of wholesome observations might be rather dry reading to many, and so it was decided that wherever convenient, some of the more salient information would be presented as detached comment. It would seem that such wanderings from the text would have more force by reason of the quality of diversion.

Victor does not hope to bring about that economy which characterizes the housekeepers of France with their pot-au-feu, and other institutions of thrift, but he does believe that his work will have the effect of more economy on the part of readers.

With the discussions about the exorbitant prices of meats of all kinds, few housewives realize that the amount of meat can be easily cut down, with other things substituted, and the family not only does not suffer in the amount of nutrition, but actually experiences an improved state of health and strength. Faith in the strengthening properties of meats comes down from our primitive ancestors who naturally from necessity had to depend largely on meats. Meat is popular also, because since it forms the central dish of a meal, it is easier to plan a dinner with meat than without. But a little judicious care and study expended on the subject will well repay themselves. Still, even the cheaper cuts can be made savory and highly nutritious if properly prepared. A well made stew or meat pie now and then is generally relished.

One Minute Home Talk by Victor

Little details of method make much difference in the preparation of a dish. A recipe usually gives only the ingredients and the proportions, but the manner of preparing a dish is equally important.

In cooking potatoes, it is a great mistake to let the potatoes soak in water while cooking. If you have no steamer, place a plate in the kettle so that it fits only part way down, leaving a water chamber below. Place your potatoes on top, thus steaming them. When potatoes are drowned in a lot of water they taste soapy and look soggy, whereas they should be dry and mealy, with the flavor in the potato instead of in the water. Potatoes cooked for mashing become whiter, lighter and taste far superior, when steamed instead of cooked in water. In preparing potatoes for salads, au gratin and so on, never cook the potatoes until they break to pieces. Stop just short of that. Cook them always with salt placed on in the beginning.

For ceremonious occasions, many persons prefer to have small birds served boned, although this way, while daintier, is apt to be less juicy and savory than if the bones are left within. When a bird is boned, it is customary to fill it with some rich, savory forcemeat, fill it to look exactly as if it were not boned. This gives it a plump, neat appearance.

Cut the bird down the middle of the back, slitting the skin and flesh. With a very sharp, pointed knife, follow the carcass closely, scraping the flesh loose. As you come to the joints, disjoint them, withdrawing the bone, but leave every particle of meat within. When you are through you have the bird in a flat piece before you. You may leave the second joint of the leg on, thus giving the bird a natural appearance. When done, fill it and sew up, baking as usual. It may be prepared in any way previously given for baked or roasted fowl. The recipe for any nice forcemeat may be used.

PART I

200 Model Menus

—Designed for—

Breakfasts, Luncheons, Dinners and Suppers

by

Chef Victor Hirtzler

of the

HOTEL ST. FRANCIS

San Francisco

MODEL BREAKFASTS

Cantaloupe
Oatmeal with Cream
Scrambled Eggs with Smoked Beef
Dry Toast Coffee

Strawberries in Cream
Boiled Eggs
Pork Tenderloin, Apple Sauce
Rolls Tea

Sliced Oranges
Grape Nuts with Cream
Ham and Eggs Toasted Muffins
Coffee

Grape Fruit Juice in Ice
Hominy in Cream
Calf's Brains au Beurre Noir
Baked Potatoes
Milk Toast Chocolate

MODEL BREAKFASTS

Sliced Peaches in Cream
Omelette with Fine Herbs
Corn Bread Buttered Orange Marmalade
Cocoa Coffee

Raspberries in Cream
Shirred Eggs, Bercy
Lamb Chops Broiled French Fried Potatoes
Rolls Ceylon Tea

Stewed Prunes
Omelette with Mushrooms
Broiled Pigs' Feet
Apple Sauce Saute Potatoes
Coffee or English Breakfast Tea

Orange Juice
Fried Mush
Broiled Tripe Boiled Eggs
Rolls Coffee

MODEL BREAKFASTS

Grape Fruit
Cereal with Cream
Small Tenderloin Steak Fried Egg
Graham Bread Toasted
Coffee Tea

Stewed Rhubarb
Broiled Kidneys with Bacon
Omelette with Chèese
Hashed-in-Cream Potatoes
Toasted Crackers Honey in Comb
Hot Milk

Orange Marmalade
Toasted English Muffins
Stewed Kidneys Baked Potatoes
Rolls Coffee

German Pancake
Country Sausage, Apple Sauce
Potatoes Saute
Tea and Biscuits

MODEL BREAKFASTS

Stewed Rhubarb with Cream
Broiled Trout with Salt Pork
Waffles Rolls Honey
Coffee

Boiled Eggs Toast
Flounder Saute, Meuniere
Hashed-in-Cream Potatoes
Rolls Tea

Stewed Prunes
Codfish Balls with Bacon
Au Gratin Potatoes
Buckwheat Cakes Maple Syrup
Coffee

Sliced Apricots
Codfish in Cream, Baked Potatoes
Omelette with Fine Herbs
Rolls Cocoa

MODEL BREAKFASTS

Blackberries in Cream
Salt Mackerel with Melted Butter
Boiled Potatoes
Rice Cake Rolls
Coffee

Bananas in Cream
Oatmeal
Shad Roe with Bacon
Hash Browned Potatoes
Corn Bread Broma

Cherries
Shirred Eggs
Broiled Bluefish, Lyonnaise Potatoes
Popovers Coffee

Baked Apples
Scrambled Eggs
Corned Beef Hash with Peppers
Rolls Coffee

MODEL BREAKFASTS

Loganberries
Finnan Haddie in Cream
Ham and Eggs
Rolls Coffee

Fresh Figs in Cream
Yarmouth Bloater, Broiled
Sausage Ball with Pan Gravy
Toast Coffee

Assorted Fruits
Shredded Wheat Biscuit
Broiled Chicken, French Fried Potatoes
Dipped Toast Coffee

Guava Jelly
Eggs a la Turque
Lamb Chops, Baked Potatoes
Toast Oolong Tea

MODEL BREAKFASTS

Compote of Pears
Boiled Eggs
Kidneys en Brochette, Fried Sweet Potatoes
Postum Cereal or Rolls
Coffee

Apples
Flannel Cakes with Honey
Sand Dabs, Miller Style
Coffee Rolls

Bar le Duc Jelly
Eggs in Cocotte, Mornoy
Sirloin Steak, Saratoga Chips
Black Tea Toast

Grape Fruit Juice
Pearl Grits in Cream
Broiled Veal Kidney, Smothered Onions
Toast
Coffee Buttermilk

MODEL BREAKFASTS

Honey in Comb, with Waffles
Broiled Pompano, Maitre d'Hotel
Potatoes in Surprise
Milk Toast Coffee

Sliced Peaches in Cream
Bacon and Eggs
Honeycomb Tripe with Melted Butter
Rissole Potatoes
Graham Rolls Formosa Bud Tea

Sliced Bananas
Eggs, Mollet, with Salt Pork
Potatoes Lyonnaise
Waffles Maple Syrup Rolls
Whipped Cream Coffee

Grapes
German Pancake
Lamb Chops, Bacon
Julienne Potatoes
Toasted Zwieback
Cocoa Cooked in Water

MODEL BREAKFASTS

Mixed Fruits
Eggs, Mollet, in Cream
Broiled Kidneys, Bacon
Lyonnaise Potatoes
Toasted Rolls
Cream Coffee

Sliced Oranges
Pancake with Walnuts
Stewed Tripe in Cream
Baked Sweet Potatoes
English Muffins Tea

Cherries
German Pancake with Apple
Blood Pudding, French Fried Potatoes
Rolls Coffee

Raspberries with Cinnamon Sugar
Oatmeal in Cream
Small Tenderloin Steak, Potatoes Anna
Corn Muffins Tea

MODEL BREAKFASTS

Cactus Fruit with Lemon
Broiled Pigs Feet, Chili Sauce
Shirred Eggs with Parsley
Dry Toast Chocolate

Casaba Melon
Eggs au Beurre Noir
Philadelphia Scrapple, Stewed Apples
Rolls Coffee

Stewed Rhubarb
Hulled Corn in Cream
Omelette with Kidneys
Baked Potatoes
Biscuits Oolong Tea

Stewed Prunes
Salt Mackerel, Baked Potatoes
Omelette with Jelly
Cocoa Rolls

MODEL BREAKFASTS

Half Grape Fruit and Orange Juices Mixed
Clam Fritters
Hashed Browned Potatoes
Broma Whipped Cream
Toasted English Muffins

Apples
Oatmeal in Cream
Fried Soft Shell Crabs, Broiled Bacon
Rolls Coffee

Peaches
Hominy in Cream
Omelette with Tomatoes
German Fried Potatoes
Buttered Toast Coffee

Pears
Griddle Cakes, Maple Syrup
Spanish Omelette
Saute Potatoes
Rolls Coffee

MODEL BREAKFASTS

Bananas with Lemon Juice and Sugar
Scrambled Eggs, Bercy
Baked Potatoes
English Breakfast Tea Rolls

Grape Fruit with Maraschino Cherries
Grape Nuts with Cream
Spring Lamb Chops, Bacon
Sibyl Potatoes
Gunpowder Tea Dry Toast

Compote of Fruit
Oatmeal in Cream
Loin of Lamb Chops with Virginia Ham
Brighton Potatoes
Coffee Rolls

Baked Pear in Cream
Fried Mush
Sand Dabs Meuniere, Baked Potatoes
Dipped Toast Chocolate

MODEL BREAKFASTS

Baked Peaches
Rolled Oats in Cream
Omelette with Smoked Salmon
Stuffed Potatoes
Black Tea Toast

Baked Bananas
Boiled Eggs, Dry Toast
Stewed Kidneys, Baked Potatoes
Coffee

Raspberries and Strawberries Mixed
Fried Oatmeal, Apricot Sauce
Eggs, Mollet, au Beurre Noisette
Broiled Squab Chicken Potatoes Gendarme
Cold Ham Calf's Foot Jelly
Toasted Corn Muffins
French Coffee

MODEL LUNCHEONS

Grape Fruit with Maraschino
Consomme in Cups, Salted Almonds
Lamb Chops with Peas
Hearts of Lettuce, French Dressing
Meringue Pie Coffee

Canape of Caviar, Eggs Ministerielle
Radishes Olives
Broiled Squab on Toast
Tomato Mayonaise
Floating Island Lady Fingers
Coffee

Cantaloupe
Pimolas Clam Broth Young Onions
Sweetbread Patty in Cream
English Mutton Chop Watercress Salad
Saratoga Chips
French Pastry Tea or Coffee

MODEL LUNCHEONS

Sardines Sweetbutter
Radishes Rye Bread
Rhine Wine Bouillon
Frankforter and Sauerkraut Boiled Potatoes
Fried Squab Chicken with Lettuce Salad
German Apple Cake Coffee

Salted Walnuts
Orange Sherry Wine
Veal Chops with Sorrel Mashed Potatoes
Venison Steak, Currant Jelly
Celery Mayonaise
Camembert Cheese Coffee

Oysters a l'Ancienne
Omelette with Asparagus Tips Olives
Boneless Squab Chicken
Souffle Potatoes Stuffed Tomatoes with Celery
Apple Tartelette Coffee

MODEL LUNCHEONS

Grape Fruit, Oriental
Chicken Broth en Bellevue
Salted Pecans
Lobster Newburg
Cold Ham and Tongue Potato and Beet Salad
Corn Pudding, Fruit Sauce Coffee

Anchovies in Oil, Toast
Scrambled Eggs with Cheese, Radishes
Fried Smelts, Tartar Sauce
Broiled Quail au Beurre Fresh Vegetable Salad
Lemon Water Ice Assorted Fancy Cakes
Coffee

Shrimp Salad, Olives
Small Sirloin Steak
Broiled Fresh Mushrooms French Fried Potatoes
Cold Chicken Chicory Salad
French Pastry Coffee

MODEL LUNCHEONS

Hors d'Oeuvres, Varies
Consomme Tapioca
Broiled Sole, Maitre d'Hotel Cucumber Salad
Sirloin Steak, Mirabeau Stewed Tomatoes
Potatoes Saute
Banana Cup Coffee

Antipasto, Fried Scallops, Tartar
Boneless Turkey in Jelly Escarole
Jam Roll Pudding Coffee

Canape Thon Marine
Omelette du Czar, Olives
Calves Liver, Saute Spanish
String Beans, au Beurre Baked Potatoes
Lemon Parfait Lady Fingers
Coffee

Mothers know that the best food for the growing child is
Ghirardelli's Cocoa
It tastes good and is good, absolutely pure, and a most delicious beverage.

MODEL LUNCHEONS

Cactus Fruit
Scrambled Eggs, Livingston
Broiled Chicken on Toast Asparagus, Melted Butter
Potatoes Julienne Hearts of Lettuce
French Pastry Coffee

Smoked Goose Breast Consomme in Cups
Oyster Cutlets, Cream Sauce
Tenderloin Steak
Sibyl Potatoes Cold Artichoke
Apple Pie Coffee

Clam Chowder Salted Almonds
Smoked Loin of Pork with Red Cabbage
Cold Squab Endive Salad
Caramel Custard Coffee

BEST QUALITY CANNED GOODS
Del Monte BRAND
BEST VALUE DRIED FRUITS
PRESERVES - CATSUP
CALIFORNIA FRUIT CANNERS ASSN.

MODEL LUNCHEONS

Clam Broth in Cups

Olives Sliced Tomatoes

Broiled Bluefish

Omelette with Fresh Mushrooms

Potato Pancake, Apricot Sauce

Cafe Parfait Buttermilk

Carciofini

Broiled Lobster with Lemons

Chicken Salad

Vermicelli Pudding

Coffee

Canape St. Francis

Strained Onion Soup in Cups

Sand Dabs Saute, Meuniere

Cold Duckling, Apple Sauce Celery Mayonaise

Apricot Pie Coffee

MODEL LUNCHEONS

Cantaloupe
Tom Cods, Meuniere
Cold Westphalian Ham Potato Salad
Tapioca Pudding Coffee

French Mackerel in White Wine
Cream of Frogs Legs, Celery
Fried Scallops, Remoulade
Omelette with Spinach
Frozen Egg Nogg Coffee

Grape Fruit with Cherries
Oysters, Poulette
Lamb Chops with Peas
Creamed Potatoes Chiffonnade Salad
Pumpkin Pie

MODEL LUNCHEONS

Sardine Canape Ripe Olives
Strained Gumbo in Cups
Broiled Spanish Mackerel
Sliced Chicken, Monza
Cold Asparagus, French Dressing
Rice Pudding Coffee

Consomme, Italian Paste Eggs Tivoli
Broiled Squab on Toast
Artichoke Vinaigrette German Fried Potatoes
Berliner Pfannkuchen
Coffee

Strawberries in Cream
Broiled Yarmouth Bloater
Sirloin Steak with Bacon
Anna Potatoes Field Salad
Cup Custard Coffee

MODEL LUNCHEONS

Assorted Fruit
Boiled Salt Mackerel Baked Potatoes
Broiled Sweetbreads, Peas in Butter
Cold Cauliflower, French Dressing
Chocolate Parfait Coffee

Sliced Oranges
Eggs, Lackmee
Fricassee of Veal with Noodles
Celery Root, Field and Beet Salad
Mince Pie Coffee

Currants in Cream
Consomme de la Mariee
Wiener Roastbraten, Spatzle
Brussels Sprouts with Apples
Gooseberry Pie Coffee

MODEL LUNCHEONS

Blackberries in Cream
Onion Soup au Gratin, Green Olives
Fresh Spareribs with Sauerkraut
Boiled Potatoes
Apple Dumpling, Hard and Brandy Sauce
Coffee

Canape Riga Eggs Florentine
Boiled Beef, Garnished, Horse Radish Sauce
Rhubarb Pie Coffee

Old Fashioned Pepper Pot, Olives
Lobster in Brochette
Miroton of Beef, au Gratin
Cold Asparagus, Mustard Sauce.
Farina Pudding, Coffee

"A PERFECT MILK IS A PERFECT FOOD"

THE DAIRY DELIVERY COMPANY stands for the highest standard in the quality of its dairy products, and sells them at the lowest price for which a PURE, CLEAN and SAFE article can be put on the market.

MODEL LUNCHEONS

Anchovy Salad
Strained Beef Broth in Cups
Eggs Aromatic
Broiled Chicken
Potato Parisienne Chow Chow
Pear Tartelette Coffee

Cold Eggs, Vanderbilt
Sweetbreads Eugenie
Boneless Quail, au Jus
Croustade of French Peas Souffle Potatoes
Russian Salad
Charlotte aux Pommes Coffee

Loganberries in Cream
Eggs Coquelicot
Hasenpfeffer with Noodles
Cold Tongue Lettuce Salad
German Apple Cake Coffee

MODEL LUNCHEONS

Gooseberries.
Chicken Broth, Whipped Cream Radishes
Fried Whitebait Graham Bread
Hot Game Pot Pie
Baum Kuchen Coffee

Grape Fruit Kirschwasser
Clam Broth, Delmonico
Olives Radishes
Cheese Omelette
Rheinbraten with Potatoes
Cold Artichokes
Raisin Pie Coffee

Shrimp Salad
Farina Consomme in Cups
Celery
Eggs Boremis
Chicken Pot Pie
Chocolate Eclair Coffee

MODEL LUNCHEONS

Casaba Melon
Olives
Fried Smelts, Tomato Sauce
Rump Steak with Marrow, Bordelaise
Roast Potatoes
Romaine Salad
Mince Pie Coffee

Lobster Cocktail
Eggs Troubadour
Shoulder of Lamb, Lima Beans
Mashed Potatoes
Lettuce and Grape Fruit Salad
Bread and Butter Pudding Coffee

Strained Veal Broth Radishes
Broiled Pompano, Cucumber Salad
Steak and Kidney Pie
Vanilla Ice Cream Macaroons
Coffee

MODEL LUNCHEONS

Consomme Printanier
Crab Meat, Victor
Broiled Snipe sur Canape
Cold Artichoke, Vinaigrette
Potatoes Olivette
Omelette Souffle Vanilla Coffee

Eggs Jeanne d'Arc
Broiled Split Smelts
Cold Ham and Turkey, Potato Salad
Sago Pudding, Fruit Sauce Coffee

Canape Riga
Chicken Broth a l'Orange
Celery Olives
Boneless Frog Patties, Bateliere
Broiled Sweetbreads New Peas in Cream
Terrine de Foie Gras, Hearts of Lettuce
Bread Pudding, Sabayon Coffee

MODEL LUNCHEONS

Grape Fruit Supreme
Strained Mulligatawney Radishes
Broiled Whitefish with Bacon
Mutton Stew with Vegetables
Chiffonnade Salad
Coffee Eclair Demi Tasse

Crab Salad
Strained Green Turtle in Cups
Salted Almonds Eggs Boston Style
Breast of Teal Duck in Papillote
Cold Virginia Ham Riverside Salad
Cabinet Pudding Coffee

Salmon Salad Parisienne Eggs Croissy
Vol-au-Vent, Toulouse
Leg of Lamb, Roasted
Heart of Artichoke
Cornmeal Pudding Coffee

MODEL LUNCHEONS

Strained Oxtail
Oysters, a l'Ancienne
Chicken Livers au Madere
Potatoes Fondantes
Cold Duckling Victoria Salad
Hot Fig Pie, Plain Cream
Coffee

Halibut Salad, St. Denis
Essence of Chicken, en Bellevue
Almonds Celery Olives
Oysters and Oyster Crabs, Gladstone
Rissole of Goose Liver, Perigordine
Fresh Mushrooms en Cocotte
Squab en Daube, Celery Braise, au Jus
Cold Game Pie, St. Hubert Salad Cupide d'Azure
Soufflee Glace aux Marrons Langues de Chat
Assorted Cheese Toasted Crackers
Coffee

Grape Fruit
Spring Lamb Irish Stew
Cold Turkey Pickled Beets
Bavarios au Chocolat
Sponge Cake Coffee

MODEL DINNERS

Toke Points
Puree of Peas, Varsovienne
Olives Celery
Sand Dabs, Saute, Meuniere
Roast Chicken
Mashed Potatoes Asparagus Hollandaise
Lettuce and Grape Fruit Salad
Vanilla Ice Cream Assorted Cakes
Coffee

Hors d'Oeuvres, Varies
Little Neck Clams
Salted Pecans
Strained Okra in Cups
Boiled Salmon, Hollandaise
Sweetbreads Braise, Careme
Breast of Guinea Hen, Bread Sauce and Bread Crumbs
Artichokes in Cream, au Gratin, Potato Fondantes
Cold Fresh Asparagus, Mustard Sauce
Pear Bourdaloue Lady Fingers
Coffee

MODEL DINNERS

Blue Points
Consomme Talleyrand
Celery
Baked Bluefish, Italienne
Crown of Lamb with Fresh Peas
Potato Gendarmes
Escarole and Chicory Salad
Coupe St. Jacques
Assorted Cakes
Coffee

Canape of Fresh Caviar
Toke Points
Clear Green Turtle, Xeres
Celery Olives Almonds
Filet of Bass, Tempis
Sweetbreads, Eugenie
Orange Punch
Boneless Squab Chicken, au Jus
Potatoes Olivette
Cold Artichoke, Mayonaise
Fancy Ice Cream Assorted Cakes
Coffee

MODEL DINNERS

Canape of Anchovies
Celery
Boiled Striped Bass, Sauce Mouselline
Roast Leg of Mutton, Currant Jelly
String Beans Brighton Potatoes
Kohlslaw
Pumpkin Pie American Cheese
Coffee

Grape Fruit Supreme
Chicken Okra
Almonds
New England Boiled Dinner
Broiled Squab on Toast
Hearts of Lettuce
Plum Pudding
Coffee

Golden Gate Compressed Yeast
for Successful Baking ALL GROCERS FRESH DAILY

MODEL DINNERS

Sardellen Ringe
Cream of Cauliflower
Olives
Filet of Spanish Mackerel, Venitienne
Broiled Sweetbreads, Lieb, Flagalet Beans
Pot Chateau
Roast Saddle of Mutton
Escarole Salad
Oriental Cup Caroline Cakes
Coffee

Giblets, English Style
Radishes Pickles
Lobster Cardinal
Stuffed Capon, St. Antoine
Cauliflower Hollandaise St. Francis Potatoes
Celery Root, Field and Beet Salad
Parfait au Mocca
Cakes
Coffee

MODEL DINNERS

Canape St. Francis

Consomme Colbert

Salted Almonds Pin Money Pickles

Scallops Poulette

Fresh Mushrooms, Brunswick

Roast Mallard Duck, Fried Hominy, Currant Jelly

Asparagus Hollandaise Potatoes Rissolees

Alligator Pear Salad

Raspberry Melba Cake Coffee

Potage Sante

Chow Chow

Fried Tom Cod, Sauce Tartar

Fresh Mushrooms au Madere

Pancake au Beurre

Lobster Salad

Cauliflower au Gratin

Vanilla Ice Cream Cakes Assorted

Coffee

MODEL DINNERS

Cream of Chicory
Pompano, Meuniere
Tournedos Rossini
Haricots Panaches Potatoes Julienne
Roast Squab Chicken
Lettuce and Tomato Salad
Peach Norelli Palmiers
Coffee

Oysters Mignonnette
Cream of Tomatoes
Salted Mixed Nuts Olives
Bouillabaisse Marseillaise
Cold Striped Bass, Sauce Verte
Salad St. Francis
Omelette Celestine
Coffee

After a strenuous day there's naught so soothing as a cup of
GHIRARDELLI'S COCOA
It is most delicious and a perfect food.

MODEL DINNERS

California Oysters, Cocktail Sauce
Cream of Green Almonds
Smoked Goose Breast Radishes
Scallops Bordelaise
Chicken Saute, Guadalquivir
Succotash Potatoes Sibyl
Saddle of Lamb, au Jus
Endive Salad
Coupe Vivianne Cakes
Coffee

Eastern Oysters
Cream of Asparagus
Olives
Planked Whitefish
Sweetbreads in Cream
Roast Ribs of Beef
Brussel Sprouts Potato Croquette
Salad Ravachol
Pistache Ice Cream Cakes
Coffee

MODEL DINNERS

Cream of Chestnuts
Salted Pistache
Broiled Salmon Steak with Bacon
Cucumber Salad
Rib Steak, Quatre Saison
Alligator Pear, French Dressing
Wiener Linzertorte Coffee

Potage Westmoreland
Frogs' Legs Mariniere
Roast Turkey, Cranberry Sauce
Asparagus Polonaise Potato Croquette
Plum Pudding
Mixed Nuts Coffee

Insure Success of Recipes with

Italian-Swiss Colony Wines and Brandies

"For the perfection in flavor and bringing out all nutritious qualities in cooked dishes, the use of PURE wines and good wines is as essential as is the fire with which dishes are cooked. I cannot speak too highly of the Italian-Swiss Colony's Wines for either table or kitchen, though for years my work was in France itself."—*Victor Hirtzler, Chef de Cuisine.*

MODEL DINNERS

Oyster Stew, Crackers
Broiled Bass, Boiled New Potatoes
Chicken Patty in Cream
Stuffed Turkey with Chestnuts
Cranberry Sauce
Sweet Potatoes Southern Style
Asparagus, Melted Butter
Lettuce Salad, Egg Dressing
Pumpkin Pie Plum Pudding
Mince Pie Coffee
Nuts and Raisins

Cream of Frogs' Legs
Celery Radishes
Pompano en Papilotte
Mutton Chops with White Beans
Roast Stuffed Squab Chicken
Potatoes in Cream Heart of Lettuce Salad
Victoria Pudding Coffee

MODEL DINNERS

Consomme Sevigne

Olives Almonds

Filet of Sole, Normande

Breast of Spring Duck, a l'Orange

Fried Hominy

Veal Fricandeau, in Casserole, Bourgeoise

Chicory Salad

Crackers Roquefort Cheese

Coffee

Puree of Game, Chasseur

Chow Chow Celery

Filet of Halibut, Mornay

Tournedos Rossini, Julienne Potatoes

Roast Turkey, Cranberry Sauce

Asparagus Mayonaise

Chocolate Souffle Coffee

MODEL DINNERS

Consomme Printanier, Royal
Lyon Sausages
Lobster a l'Americaine
Roast Capon
Baked Sweet Potatoes Cold Artichokes
Cup Custard
Coffee

Scotch Lamb Broth
Pickled Walnuts
Filet of Bass, Dieppoise
Tenderloin of Beef, Rennaissance
Roast Ham, Sauce Champagne
Plain Spinach
Artichoke, Hollandaise
Tomatoes, French Dressing
Pudding Nesselrode Coffee

MODEL DINNERS

Oysters on Half Shell, Stuffed Mangoes
Cream of Summer Squash
Sole St. Malo
Bouchee Reignere
Roast Lamb, Mint Sauce
Mashed Potatoes au Gratin Field Salad
Hot Asparagus, Sauce Mousseline
Chocolate Ice Cream Sponge Cake
Coffee

Consomme Brunoise
Pickled Figs
Sand Dabs, Royal
Chicken Fricasse, with Rice
Roast Loin of Pork, Apple Sauce
Potato and Beet Salad
Souffle au Marasquin, Plain Cream
Coffee

MODEL DINNERS

Sardines
English Beef Broth
Celery
Salmon Cherreuse
Roast Leg of Veal
Puree of Peas Potato Gendarme
Lettuce Salad with Roquefort Dressing
Baked Alaska Coffee

Consomme Savarin
Green Olives
Vol-au-Vent Bagration
Wiener Rostbraten
Squabs en Casserole, Bourgeoise
Lettuce Salad
Souffle au Kirsch
Coffee

MODEL DINNERS

Consomme St. Hubert

Salted Almonds Celery

Terrapin, Jockey Club

Venison Steak, Cumberland, Timbale of Chestnuts

Cutlet of Partridge, Simorosa, Sweet Potato Grilled

Canvasback Duck, a la Presse, Currant Jelly

Fried Hominy Celery Victor

Fresh Asparagus, Hollandaise

Charlotte aux Pommes

Peach Norelli Coffee Macaroons

Cream of Lettuce

Olives

Coquille of Salmon, au Gratin

Rib Steak, Bordelaise, String Beans

Stewed Tomatoes Baked Potatoes

Asparagus Tips Salad

Camembert Cheese Assorted Fruit

Crackers Coffee

MODEL DINNERS

Blue-Points

Petite Marmite Celery

Brook Trout, Meuniere

Cucumber and Tomato Salad

Stuffed Duckling, Apple Sauce

Baked Sweet Potatoes New Peas

Peach Melba Assorted Cakes

Coffee

Ox Tail, English Style

Pickles Olives

Pan Perch, Black Butter

Stuffed Breast of Veal

Carrots in Cream Roast Potatoes

Lettuce Salad

Caramel Custard Coffee

BEST QUALITY CANNED GOODS

BEST VALUE DRIED FRUITS

PRESERVES - CATSUP

CALIFORNIA FRUIT CANNERS ASSN.

MODEL DINNERS

Potato and Leek Soup
Oyster Poulette
Roast Larded Tenderloin of Beef
Stuffed Green Peppers
Broiled Fresh Mushrooms Parisian Potatoes
Hearts of Artichoke and Lettuce Salad
Vanilla and Strawberry Ice Cream Pound Cake
Coffee

Consomme Napier
Pickled Beets
Broiled Halibut Steak, Sauce Colbert
Braised Sweetbreads, au Jus
Peas and Carrots in Cream
Roast Leg of Lamb, Cleo Potatoes
Escarole Salad
Vermicelli Pudding Coffee

MODEL DINNERS

Potage Talleyrand
Salmon Trout, Anchovy Sauce
Boiled Potatoes
Corned Beef and Cabbage
Roast Squab, Asparagus Polonaise
Lettuce and Tomato Salad
Bananas Saute en Curacao
Coffee

Potage Kroumir
Olives
Crab Meat Luzette
Filet Mignon Cheron, Soufflees Potatoes
Teal Duck, Currant Jelly, Fried Hominy
Romaine Salad
Chocolate Ice Cream Cakes
Coffee

Luscious Old Red Wine

La Questa

TRADE

MARK.

VINEYARD:

WOODSIDE, SAN MATEO COUNTY,
CALIFORNIA.

PRODUCER

E. H. RIXFORD, KOHL BUILDING, SAN FRANCISCO

Sold by Grocers and Served at Leading Hotels, Cafes and Clubs

MODEL DINNERS

Little Neck Clams

Celery

Pomme Otero

Chicken Saute, Marengo

Roast Ribs of Beef

Mashed Potatoes String Beans

Alligator Pear Salad

Mousse au Mocca Assorted Cakes

Coffee

Consomme Doria Salted Pecans

Lobster Bonnefoy

Stuffed Capon

Celery Braise Potatoes Fondantes

Tomatoes Mayonaise

Coupe Oriental Palmier

Coffee

MODEL DINNERS

Lynn Haven Oysters

Cream of Chicken Salted Pistache

Baked Rock Cod, Italienne Boiled Potatoes

Vol-au-Vent, Toulouse

Roast Mallard Duck, Currant Jelly

Fried Hominy Artichoke Hollandaise

Alligator Pear and Orange Salad

Peach Tetrazzini Assorted Cakes

Coffee

Family Soup

Pickles Olives

Shad Roe, Bordelaise

Timbale of Chicken, a la Reine

Saddle of Mutton

French String Beans Saratoga Chip Potatoes

Chiffonnade Salad

Apple Fritters Coffee

MODEL DINNERS

Cream of Spinach
Olives
Broiled Lobster
Roast Chicken, Mashed Potatoes
Stewed Corn Lettuce Salad
Tapioca Pudding Coffee

Toke Points, Cream of Sorrel
Celery Planked Shad
Boiled Leg of Mutton
With Mashed Turnips and Caper Sauce
Baked Potatoes
Alligator Pear and Grape Fruit Salad
Peach Conde Coffee

MODEL DINNERS

Cream of Watercress Salted Almonds
Filet of King Fish, au Vin Blanc
Calf's Head, Tortue Rib Steak, Horticulture
Lettuce and Grape Fruit Salad
Omelette Robespierre Coffee

Consomme Farina Olives
Cold Lobster, Mayonaise
Beef Tongue with Plain Spinach
Roast Squab Chicken, French Fried Potatoes
Pearl Salad
Lemon Ice Cream Cakes
Coffee

WINE-BRANDY PRODUCTS OF

ITALIAN-SWISS COLONY

The Italian-Swiss Colony are producers of all varieties of California Sweet and Dry Wines and Brandies —makers of the Celebrated Tipo, (Red and White) Choicest Table Wines, which are recommended by Victor Hirtzler, Chef de Cuisine, Hotel St. Francis.

MODEL DINNERS

Bisque of Oysters Celery
Filet of Bass, 1905, Melted Butter
Broiled Deviled Asparagus
Cold Cracked Crab, Tartar Sauce
Cauliflower au Gratin
Omelette au Rhum Coffee

Cream of Cauliflower, Du Barry
Salted Almonds
Fried Whitefish on Graham Toast
Paprika Schnitzel with Rice
Chicken en Casserole, Bonne Femme
Romaine Salad
Roman Punch Lady Fingers
Coffee

MODEL DINNERS

Consomme Andalouse
Lyon Sausage, Cucumber Salad
Sugar Cured Ham, Glace, Spinach in Cream
Potatoes in Surprise
Cold Asparagus, Mayonaise
Charlotte Russe Cheese
Fruit Coffee

Potage Lamballe
Carciofini
Planked Smelts
Tenderloin Steak
Broiled Tomatoes Baked Potatoes
Peas in Cream
Endive Salad
Souffle a la Vanille Coffee

MODEL DINNERS

Canape Fresh Caviar
Toke Points
Potage, Lord Mayor
Celery Salted Nuts Olives
Brook Trout, Meuniere, Cucumber Salad
Sweetbreads Cutlet, St. Germain
Spring Lamb Tenderloin, Colbert
Stuffed Fresh Mushrooms
Peas Etuve Potato Olivette
Champagne Punch
Roast Squab St. Francis Salad
Fromage Glace au Mocca Fruit
Assorted Cakes Cheese
Coffee

Lentil Soup
Pickles
Pigs' Knuckles and Sauerkraut
Boiled Potatoes
Roast Turkey, Cranberry Sauce
Succotash Peas
Hearts of Romaine Salad
Raspberry Ice Cream Cakes
Coffee

MODEL DINNERS

Hors d'Oeuvres Varies
Toke Points Mignonette
Cream of Artichokes
Celery Olives Radishes
Pompano Meuniere
Lamb Chops with New Peas
Fried Breast of Chicken with Figs
Potato Soufflees
Terrine de Foie Gras Lettuce Salad
Neapolitan Ice Cream Assorted Cakes
Coffee

SPECIAL MENUS—SUPPERS, ETC.

Fresh Ostrachau Caviar, Dry Toast
Strained Okra in Cups
Salted Almonds
Sweetbreads Poulette
Cold Virginia Ham Hearts of Lettuce Salad
Champagne Punch Lady Fingers
Coffee

Salted Almonds
Crab Meat Newburg
Chicken Salad
Cafe Parfait Demi Tasse

Toke Points
Chicken Broth in Cups
Salted Almonds
Broiled Woodcock Escarole Salad
Parfait Columbia Coffee

SPECIAL MENUS—SUPPERS, ETC.

Fried Oysters
Celery
Broiled Quail on Toast
Chiffonnade Salad
Neapolitan Ice Cream Cakes
Coffee

Little Neck Clams
Salted Almonds
Chicken Patty in Cream
Cracked Crab, Tartar Sauce
Lemon Ice Cakes
Coffee

Lobster Newburg
Broiled Deviled Lamb Kidneys
Chicory Salad
Oriental Cup
Coffee

SPECIAL MENUS—SUPPERS, ETC.

Olives
Frogs' Legs, Jerusalem
Filet of Canvasback Duck
Riverside Salad
Omelette Soufflee, a la Vanille
Coffee

Terrapin Baltman
Salted Almonds
Pate de Foie Gras
Hearts of Lettuce
Roman Punch Cakes
Coffee

California Oysters
Broiled Lobster
Crab Salad, Ravigote
Chocolate Ice Cream Cakes
Coffee

SPECIAL MENUS—SUPPERS, ETC.

Stuffed Tomato a la Anchois
Broiled Snipe
Romaine Salad
Pancake Lieb Coffee

Oysters on Half Shell
Strained Gumbo in Cups
Salted Almonds
Terrapin Maryland
Cold Turkey and Virginia Ham
Cheese Balls Endive Salad
Pineapple Punch
Cakes Coffee

Toke Points
Salted Almonds
Cold Lobster Mayonaise
Cold Breast of Chicken, Jeannette
Salad Ravachol
Pistasche Ice Cream Assorted Cakes
Coffee

SPECIAL MENUS—SUPPERS, ETC.

Canape of Anchovy
Almonds
Consomme in Cups
Deviled Crab
Broiled Squab Chicken
Alligator Pear Salad
Raspberry Ice Cakes
Coffee

Toke Points Salted Almonds
Broiled Squab on Toast
Hearts of Romaine
Vanilla Ice Cream
Cakes Coffee

Assorted Sandwiches
Welsh Rarebit
Lemon Ice
Cakes Coffee

Oysters a l'Ancienne Salted Pecans
Chicken King
Celery Victor
Romaine Punch
Cakes Coffee

SPECIAL MENUS—SUPPERS, ETC.

Blue Points Cocktail Olives
Strained Onion Soup in Cups
Sweetbreads Mauza
Cold Terrine de Foie Gras in Aspic
Lettuce Salad
Strawberry Ice Cream
Cakes Coffee

Canape Riga
Clam Broth in Cups Ripe Olives
Breast of Chicken under Glass, St. Francis
Endive Salad
Souffle Glace, Maxime
Coffee

Cold Chicken Broth Salted Almonds
Fried Oysters
Broiled Squab
Alligator Pear, French Dressing
Cream of Mint Sherbet
Lady Fingers Coffee

SPECIAL MENUS—SUPPERS, ETC.

Crab Ravigote Pimolas
Terrapin, Jockey Club
Quail Paysanne
Hearts of Artichoke, Vinaigrette
Biscuit Glace Fruit Cake
Coffee

Oyster Stew Olives
Terrapin au Beurre, Noisette
Filet Mignon with Anchovies
Soufflees Potatoes
Lettuce Salad Cheese Straws
Coupe St. Jacques
Assorted Cakes Coffee

Crab Cocktail
Beef Tea Green Olives
Chicken Hash au Gratin
Westphalian Ham Escarole Salad
Nesselrode Pudding
Coffee

SPECIAL MENUS—SUPPERS, ETC.

Canape St. Francis Salted Almonds
Oyster Broth in Cups
Frogs' Legs Mariniere
Cold Chicken
Romaine Salad, Roquefort Dressing
Lalla Rookh
Cakes Coffee

Lobster Cocktail Celery
Broiled Snipe on Toast
Cold French Asparagus, Mustard Sauce
Tutti Frutti
Coffee

Canape Thon Marine Salted Almonds
Cream Broth en Bellevue
Lobster a l'Americaine
Cold Partridge Celery Victor
Pernod Punch
Macaroons Coffee

The Model

Breakfast, Luncheon, Dinner and Supper Menus

—of—

M. Victor Hirtzler

Chef de Cuisine, Hotel St. Francis, S. F.

Coupled with Recipes

PART II

Extraordinary and Secret Compositions in Culinary Art

(Hitherto Unpublished)

For Which the Hotel St. Francis is Famed

Written Especially for Housewives and Private Cooks

The Whole Covering

MORE THAN TWO THOUSAND DISHES

BREAD, ROLLS, MUFFINS, ETC.

Care and Intelligence Will Result in Success

Bread and bread making are serious things. Any housewife can become an expert in bread making, if she will give time and patience to it.

But it is necessary to exercise good judgment to succeed. For instance, it is worse than extravagant to use a cheap grade of flour, for cheap flour lacks nourishing properties, and the bread grows stale very quickly.

The two essential elements are flour and yeast. Californians have a perfect yeast in the Golden Gate Compressed Yeast—absolutely reliable, and considered the best quality made in the United States.

The flour question is more complex. Pillsbury's Gold Medal or the Washburn flour, or some of the Eastern guaranteed qualities are the only certain flour products. It is regrettable, but a fact, that many western flours are wholly unreliable, and do not make good bread. The tremendous increase of home bread-

Golden Gate Compressed Yeast
for Successful Baking ALL GROCERS FRESH DAILY

making since the fire has been paralleled by the consumption of Minnesota products.

While most home cooks are afraid to tackle bread making, there is no department of cookery more easily mastered, or gives more satisfactory results. It is an old fashioned idea that kneading of bread is laborious, for it is not.

You will find that the family will eat less of more expensive foods if your bread is good, and will be happier. Good flour has plenty of nitrogen, heat-making properties, and, being dry, absorbs plenty of water.

If the bread loaf puffs up in the center, either the heat is too intense in the oven or there is too much flour in the dough. Bread should bake evenly. In this climate it is a good idea to have the flour heated slightly. Temperature is the main point in baking.

Yeast must have conditions requisite for its growth during process of use in bread making. Too much salt, fat or sugar retards its action or growth. The Golden Gate Compressed Yeast will always be found rather dryish, like cheese. If yeast is soft, it is bad.

Yeast breads must be thoroughly baked. Hot bread is not injurious because of the temperature, but because the yeast is not cooked, and the fermentation must be continued in the stomach. Stale bread is not much more wholesome than hot bread, excepting that stale bread must be chewed and moistened with saliva.

Forty Years of Successful Experience has Produced

Golden Gate Compressed Yeast

FRESH EACH MORNING AT YOUR GROCERS

HOME MADE BREAD—Take one quart of water and one quart of milk, two ounces of Golden Gate Compressed Yeast, one ounce of salt, one-half pound of melted lard or butter. Slightly warm the milk and water and dissolve yeast into the liquid, and add to it the salt and melted butter or lard. Now put in the liquid enough carefully sifted best quality flour to make a nice, smooth and consistent dough. Cover it with a cloth and let it rise for about four hours. Divide this dough into four parts, roll them and place in molds or pans and let it rise for another hour, and then bake in a moderate oven. This will make four small loaves.

AUSTRIAN SOUP BREAD—Remove the crust from three buns or milk rolls. Soak the soft part in milk. While this is being soaked, cream two tablespoonsful of butter with the yolks of three eggs, beating until creamy. Squeeze the rolls out of the milk and add to the above, mixing well. The rolls should be separated by the beating into crumbs. Add a pinch of salt and a little nutmeg, and last of all the beaten whites of the three eggs. Line your shallow baking pan with oiled paper. Butter liberally and pour the above into this. Bake in a quick oven. When cold, cut into small squares. Some prefer this bread steamed the same as Boston brown bread, or it may be boiled like a custard.

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PASTRY FOR GAME PIE, VEAL LOAF OR CHICKEN PIE (COLD)—One pound of flour, six ounces of butter, a cup of water, a pinch of salt. Mix the butter and the flour, into which the salt is sifted, and then add the water, making a rather stiff dough. Stand away in cool place, preferably in the ice box, several hours before using. It is well to make this in the morning for use in the evening.

BERLINER PFANNKUCHEN—Make a sponge, using a quart of flour, a pint of lukewarm milk and a cake of Golden Gate Compressed Yeast. Set near warm place to rise for an hour, when it should be full of air bubbles. Add a quart of sifted flour, a quarter-pound of sugar, yolks of five eggs, six ounces of butter, making a smooth, stiff dough. Let it rise for a short time, then work down, kneading three times and letting it rise three times, until it is very light and airy. Then tear off bits the size of an egg and roll it out, or, better still, flatten it out with the hands. Place these bits of dough on a floured cloth to rise for an hour, when they should be light as a feather. Make a depression in the middle, filling it with any preferred marmalade or stiff jelly, currant preferred, and cover, pulling the dough over the fruit from the edges to the center. Let it rise a very short time again, then fry in swimming fat.

No trouble to make bread and rolls with

Golden Gate Compressed Yeast

Set Dough in Morning, all Finished at Noon—Delicious, too

ENGLISH MUFFINS—One quart of flour, one pint of warm milk, one ounce of Golden Gate Compressed Yeast, a pinch of salt and one of sugar. First dissolve yeast, sugar and salt in the warm milk. Then add the flour and mix well. Let the dough rise near a warm place for about two hours. Then roll it out on the table about half an inch thick. Cut out with a small round cutter of size desired. Breakfast muffins should be larger than the same muffins served at afternoon tea. Place them on a cloth, dust with flour and cover with another cloth. Let them rise for half an hour, then cook them on a hot griddle not too hot. Turn them over as soon as they get the least browned. Keep turning over for fifteen minutes, which is the time required to bake them.

HOME MADE DUMPLINGS—One pint of flour, one-half teaspoonful salt, one heaping teaspoonful of baking powder, mix and sift well together. Beat one egg very light, and add one-half cup full of cold water or milk, stir in the mixture, adding enough water or milk to make a dough stiff enough to hold shape when dropped from a spoon. Cook for fifteen minutes in steam, or drop into boiling stew, or broth. To have the dumplings light and tender, sift the flour and baking powder and salt twice. Do not disturb the dumplings while cooking, and if cooked in a stew, or broth, do not have much liquid about them.

Golden Gate Compressed Yeast

For Light Rolls, Buns, Griddle Cakes, Etc.

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LUNCH ROLLS—Two pounds flour, two ounces Golden Gate Compressed Yeast, one ounce salt, one pint water. Dissolve yeast and salt in the water, and then add the flour and mix, making a rather hard dough. Then put it in a basin, cover it with a cloth and let stand for four hours. After this time, divide the dough in four parts and roll each one separately in the shape of a stick, fourteen inches long and one inch thick. Put a cloth on a pan. Lay the sticks of dough on this, permitting it to rise for at least half an hour, then cut them into three parts, and with a sharp knife make two cuts on top of each bread stick. Put into a pan and bake for twenty minutes. Serve hot, but just as good cold.

BISCUIT ST. FRANCIS—This recipe is followed in preparing pastry for a pot pie or meat pie of any simple kind. Sift a pound of flour with two heaping spoonsful of best baking powder and teaspoonful of salt. Rub into this butter the size of an egg or more if a rich pastry is liked. Have the butter the least bit soft, so it may be incorporated without much handling. Add a cup of milk, making a puffy paste. Some flours require a little more milk to moisten thoroughly, the amount of gluten differing in different brands. The dough should be fluffy, and should puff at once, having a light feeling. Have oven brisk.

If you are in doubt about it ask Victor Hirtzler who uses nothing but

Golden Gate Compressed Yeast

ST. FRANCIS BREAD—Two pounds of flour, a quart of milk, three eggs, a quarter-pound of melted butter, a quarter-pound of sugar, two tablespoonsful of baking powder and a little salt. Beat the eggs, add the sugar, salt, the milk and then the flour, sifting in the baking powder with it, making a smooth batter. Add the melted butter. Pour into molds, such as come for Boston brown bread. Steam for two hours, then bake for half an hour.

POP-OVERS—One pint of milk, eight eggs, six ounces of flour, a pinch of salt. Beat the eggs until light, then add the milk, then the flour and salt, making a soft batter. Pour into individual pudding molds and bake in a rather hot oven.

BOSTON BROWN BREAD—Half-pound flour, half-pound cornmeal, half-pound rye flour, half-pound graham flour, four eggs, one pint milk, one cup molasses, one ounce salt, two tablespoonsful baking soda. Mix all into a batter and then add the baking soda, scalding in two spoonsful of hot water. Put into molds and cook on steam for about two hours.

HOME MADE NOODLES—Take a pound of flour, four eggs, a pinch of salt, and, if you desire to make it very fine, add half a pony of kirschwasser. Drop the eggs into the flour, having sifted the salt. Mix into a hard dough. If too dry, add another egg.

Golden Gate Compressed Yeast
for Successful Baking
ALL GROCERS
FRESH DAILY

Some flour contains more gluten than others and requires more or less to moisten it. Having made a stiff dough, roll it out on a board, well floured. Let these sheets dry for half an hour. Then roll into compact roll, as you would for a jelly roll, and cut into fine strips with a sharp knife. Boil for ten minutes in salt water.

BUTTERMILK MUFFINS—Dissolve a teaspoonful of soda in a tablespoonful of hot water. Beat two eggs well. Add the soda to a quart of buttermilk, a little salt, the beaten eggs and flour enough to make a good batter. Bake quickly in muffin pans.

PARKER HOUSE GRAHAM MUFFINS—Two eggs, half a cup of brown sugar, a tablespoonful of lard and butter mixed, a quart of graham flour, or you may use half and half, using white and graham—this makes a lighter muffin. Add a pinch of salt and enough milk to make into an even batter, rather thick. In the morning fill the muffin rings half full and bake in a quick oven. The crust should be thick and crisp.

CORNMEAL MUFFINS—Two eggs, two tablespoonsful of sugar, a pint of sour milk, cream or buttermilk—sour cream is excellent—a cup of cornmeal, half a cup of flour and a teaspoonful of soda, level, mixed with a little of the sour milk. If the buttermilk

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FRESH EACH MORNING AT YOUR GROCERS

is very sour, add a little more soda. Add the eggs last. Bake in hot muffin tins, well buttered, and quickly.

WAFFLES—Two eggs, thoroughly beaten. Two spoonsful of butter, two cups of flour, to which add two scant teaspoonsful of baking powder, sifting together, with enough milk to make a light, fluffy batter. Beat the yolks and whites separately. A new waffle iron should be well greased and burnt off two or three times before using, otherwise the batter sticks. Also be sure to grease both sides liberally.

SOUTHERN TEA BISCUITS—Rub a heaping spoonful of butter with a pint of flour, in which you have put a teaspoonful of salt. Beat an egg, adding to it a cup of milk. Add to the flour, making a stiff dough. Roll out thin. Cut with a small cutter, pricking the biscuits full of holes. Bake in a quick oven. Spread with butter when done. They should be crisp and very thin.

MUFFINS A LA KING—Toast English muffins. Butter liberally and arrange on platter, placing on each half a thin slice of smoked beef which you have heated for two minutes in butter, then on top place a spoonful of scrambled egg, sprinkling with parsley.

SOUTHERN CORN PONE—Mix one quart of yellow cornmeal with cold water, making a soft dough,

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adding a teaspoonful of salt, half-teaspoonful of sugar and a soupspoonful of melted lard. Shape with the hands into oval cakes, so that the impression of the fingers is plainly visible. Bake in well-greased pans, in a very hot oven.

DROP BISCUITS—Sift a heaping teaspoonful of best baking powder with a level quart of flour, a pinch of salt and a teaspoonful of sugar. Melt a heaping tablespoonful of butter with a couple spoonsful of milk, adding to other milk, making about half a pint in all. Mix. Bake in a hot oven.

MUFFINS ST. FRANCIS—Take one-half quart of sifted flour with which is sifted one heaping teaspoonful of best baking powder, one tablespoonful of sugar and a small level teaspoonful of salt. Mix with enough sweet milk to make a thin batter, this being about one-half pint. Then add a large tablespoonful of butter that is melted, and last of all add three eggs that have been beaten thoroughly. Fill the muffin pans about one-third full. They should puff to fill the pans.

GRISINI OR PIPE BREAD OR BREAD STICKS—When making bread, leave off a piece of dough about the size of a large orange. To this add the whipped white of an egg, a teaspoonful of powdered sugar and a tablespoonful of butter, melted. Mix well, then add enough warmed flour to stiffen. Knead well,

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until smooth as velvet. Roll into sticks the size of a finger. Let rise until very light, and bake in a rather cool oven.

ENGLISH CRUMPETS — One cake of Golden Gate Compressed Yeast, a pint and a half of warm milk, a teaspoonful of salt, two of sugar, a tablespoonful of butter and about three pints of sifted flour, making a very stiff batter. Beat vigorously. Then take one-third of the batter and thin down with warm milk until it is of a consistency that will pour slowly. Cover both bowls and set to rise. When light, grease a griddle and also crumpet rings. When the rings are hot, pour a little batter into each, about a quarter of an inch in thickness. When the top is honeycombed and the batter looks dry, turn. They should be half an inch in thickness when done.

GERMAN PANCAKES — Into a bowl put six ounces of flour, eight yolks of eggs, two tablespoonsful of sugar, four of melted butter, and stir well. Add seven-eighths of a pint of cream, four tablespoonful of whipped cream and the beaten whites of five eggs. This makes a light batter. Butter the bottom of two large pans. Heat, and pour on this a very thin layer of the batter, spreading over the entire surface. Push into a very hot oven. In a few minutes one side is done. Turn, replacing on the fire.

Golden Gate Compressed Yeast

For Light Rolls, Buns, Griddle Cakes, Etc.

Delivered Fresh Each Day at Your Grocers

GENERAL ADVICE BY VICTOR

Use of Wines, Liquors, Etc.

While throughout California the use of wines, etc., for cookery and the table is universally appreciated, it is a fact, nevertheless, that there are many whose abhorrence of alcoholic fluids is such that the use of the same is prohibited in cookery as well as on the table.

It is well at this time to set forth that cooked wines or liquors experience a chemical change that is revolutionary. The process eliminates every objectionable feature of spirits. The elements contained therein blend and co-operate with chemical elements in foods, to the perfect and everlasting good of the foods, and the alcoholic properties (as they effect the human body in alcoholic form) are merged with similar elements (which are merely in another form of existence) in such a manner as to greatly improve both.

The use of light table wines, and even cordials, brandies and liquors, with meals, in uncooked form,

WINE-BRANDY PRODUCTS OF

ITALIAN-SWISS COLONY

The Italian-Swiss Colony are producers of all varieties of California Sweet and Dry Wines and Brandies —makers of the Celebrated Tipo, (Red and White) Choicest Table Wines, which are recommended by Victor Hirtzler, Chef de Cuisine, Hotel St. Francis.

is known by most Californians to be of the greatest benefit to adults. Permit the editor of this work to suggest that the habit of intemperate use of liquor seldom, if ever, was the result of the intelligent use of wines, etc., at table. In fact, the use of these beverages at table, as a rule, influences the consumer against the use of the same at bars, or as a casual beverage.

California wines are better, cheaper and fully as beneficial as any wines or liquors of the world. Consumers may rest assured that the California products cannot be excelled by any imported wines for sale in this community.

In the preparation of spicy meats, gravies, sauces, dressings and soups, etc., the use of wine is the element which finishes the dish—completes its toilet, as it were.

There may be, and are, inferior wines, adulterated beverages, defective qualities, among California wines. In obtaining announcements for this work, the publishers sought the advice of experts, among them the author of this volume, to decide upon wine dealers whose products are wholly beyond question of a doubt. That the publishers can freely state that all announcements contained in this volume represent the

Insure Success of Recipes with

Italian-Swiss Colony Wines and Brandies

"For the perfection in flavor and bringing out all nutritious qualities in cooked dishes, the use of PURE wines and good wines is as essential as is the fire with which dishes are cooked. I cannot speak too highly of the Italian-Swiss Colony's Wines for either table or kitchen, though for years my work was in France itself."—*Victor Hirtzler, Chef de Cuisine.*

dealers in the purest, most perfect and most valuable wines produced in California.

The manufacturers of the most desirable brands are announced herein. These producers are KNOWN to us. Others are not. In buying, deviations from this recommendation may cause a failure in the result of recipes. It is rank extravagance to experiment in relation to these ingredients.

Fruits, Vegetables, Etc.

In the use of vegetables and fruits for cooking, it is not entirely unnecessary to remind the housewives of this Coast that the canned products in these lines are fully equal, and in many cases superior, to the fresh for cooking purposes.

The art of canning these products has reached a stage of such scientific perfection that all the one-time objections to canned goods have been swept away. Sterilization and various treatments have even given the canned goods a superiority over the fresh or nearly fresh products. Cleanliness, preservation, freshness and compactness are four qualities that cannot be ignored in these days of economy.

The publishers have exercised discretion in announcements of this class of ingredients, and in ac-

BEST QUALITY CANNED GOODS

Del Monte BRAND

BEST VALUE DRIED FRUITS

PRESERVES = CATSUP

CALIFORNIA FRUIT CANNERS ASSN.

cepting announcement from the California Fruit Canning Co. feel that the best concern on the Coast is represented.

Milk, Cream, Butter, Etc.

The purity of ingredients for cooking cannot be too strongly advised. There are many ingredients which have widespread fame for purity and fine quality, and which are generally known. But in every city a problem for housewives is the selection of milk and cream.

One feature of milk dealers is that they all claim absolute purity for their produce, and also they claim their product has the maximum amount of butter fat. The housewife follows the street car and billboard advertising, and wastes much money, much temper and defeats success in cooking many times before the BEST is discovered.

Announcements for none but PROVEN qualities of milk are contained in this volume. Experience with various brands give the publishers a moral right to guarantee the quality of milk and cream dispensed by the dealers whose announcements are contained herein.

We wish to impress that if success is desired with these recipes, all suggestions should be followed, and in no case should there be deviation from advice, less than in the case of dairy products.

"A PERFECT MILK IS A PERFECT FOOD"

THE DAIRY DELIVERY COMPANY stands for the highest standard in the quality of its dairy products, and sells them at the lowest price for which a PURE, CLEAN and SAFE article can be put on the market.

PUREES, POTAGES, CONSOMMES, ETC.

Economical Preparation of Cream Soups and Bouillons

In the preparation or selection of soups, there should be taken into consideration the character of the dinner to follow. The lighter soups, bouillons, consommes, etc., should precede heavy dinners of several courses, while the cream soups or purees should be employed before lighter dinners.

Soups are very cheap and highly nourishing, but kitchen ends must be used. Soup meats should be boiled in vegetable waters. Left over gravies, broiled meats, etc., may be utilized to advantage in making stock.

Flavoring and temperature are two important points to the presentation or serving of soups with success.

PUREE OF GAME, HUNTER STYLE—Chop the bird, using a cleaver, or joint it as you please. Fry a sliced onion and a sliced carrot, a bay leaf and a clove in butter until they acquire a nice brown color. Add half a cup of flour and mix that thoroughly. Then add the carcass of one or more birds—the above proportion being for one fowl. Then add a quart and a half of soup stock and cover tightly, simmering for an hour and a half. By browning the flour and cooking it this way it is incorporated and makes an even gravy. Strain and add croutons souffle and a little sherry wine.

PUREE OF GAME ST. HUBERT—Prepare the same as above, except that you use an entire roasted fowl. Cut the breast away for use later on. Prepare

the puree the same way. Cut the rare breast into tiny dice and add just before serving in place of the croutons. Add sherry. Do not boil the meat—let the boiling puree heat it. Otherwise it becomes tough.

GUYLAS—Take half a pound of lean beef, cutting into quarter-inch pieces. Mince six large onions, smothering and frying a light brown, in a quarter-pound of butter. When the onions are yellow, add the beef. Add a level teaspoonful of paprika or less—the Hungarian palate demands more paprika than Americans like as a rule. Stir in half a cup of flour. Mix well. Add a quart of soup stock and the juice and puree from a quart can of tomatoes. Simmer for fifteen minutes. In a spice grinder, grind a teaspoonful of caraway, half a teaspoonful of marjoram, a quarter-teaspoonful of thyme. Crush a clove of garlic. Add to the soup, simmering on the back of the range for an hour. If it evaporates, add a little additional stock.

GREEN TURTLE SOUP—Take one can, put in hot water. Open the can, drain off the broth into a porcelain lined vessel. Cut the already cooked meat into half-inch squares and cover with Madeira. In the meantime, cut two pounds of lean beef, shin, into small squares. Add two beaten eggs, then the turtle broth and two quarts of soup stock or broth of any kind and a soup bouquet. Also a bunch of sweet parsley or chervil, boiling for one hour. Strain over the turtle meat in the other kettle and boil slowly for fifteen minutes. Add salt, cayenne and a glass of sherry just before serving.

RAISIN SOUP RUSSE—Take one pound of dried split pease and soak in cold water over night. Into the iron kettle put one pound of veal bones, two raw beets, salt, pepper, one stalk of celery, one bay leaf and one clove. Cut the vegetables. Boil one and a half hours

with the soaked peas. Strain through sieve, adding one-fourth pound of butter and a half cup of seedless raisins before serving.

MARROW BALLS FOR SOUP—Take the marrow from one shinbone. Pound in a mortar, adding a spoonful of flour, which you incorporate thoroughly with the fat. Add a cup of sifted bread crumbs, one whole egg and one yolk, salt, pepper, nutmeg and minced parsley. Make into balls like a marble. Try one, boiling in the stock. If it falls or opens, add more flour. They should be smooth and creamy. Cook in stock, or the soup in which they are to be served, for ten minutes.

CREAM OF TOMATO SOUP, ST. FRANCIS—Put a shinbone on the stove with a large sized soup bouquet, adding plenty of salt. Start with cold water and cook very slowly on the back of the stove until the meat drops from the bone. Drain the broth through a cheesecloth. Cool and skim off the surplus fat. Add the contents of a can of good solid tomatoes, boiling with the stock for about half an hour. Strain through sieve and put on to boil, thickening with cornstarch or flour, the former making a lighter, daintier puree. Just before serving, add a quarter-pound of butter and half a pint of sweet cream.

MANHATTAN CLAM CHOWDER—Get five pounds of little neck clams, this being enough for six persons. Wash and put on to boil in a saucepan with a glass of water. Cover. Steep five minutes. Strain the broth, and remove the clams from the shells, cutting them in half, or, if they are large, in quarters. Now brown a minced onion, a minced green pepper and a quarter-pound of dried salt pork, cooking until the onion is tender. Then add four potatoes diced very small, four peeled, quartered tomatoes or a pint

of canned tomatoes, and six Bent's crackers rolled into small bits. Then add the broth, two glasses of water, seasoning, a teaspoonful of Worcestershire, a wine-glass of tomato catsup, some thyme leaf juice, and simmer slowly until the potatoes are done, but not broken into bits. Just before serving, add your clams, a pinch of sugar and minced parsley. Serve oyster crackers on the side.

VELVET SOUP—Mince up fine the red part of a few good carrots, stew them with butter, salt, sugar and a little broth, and when done strain through a sieve. Put a quart of clear broth on to boil, mix in with four tablespoonsful of tapioca, let it stand for twenty-five minutes on the side of the fire, skimming it off well. At the last moment, add the carrot puree, season, boil up once or twice more, and serve in a soup tureen.

CLAM CHOWDER (BOSTON STYLE) — Put fifty clams in their own liquid into a saucepan and boil for three minutes. Strain and return the broth to the fire. Have a medium sized onion chopped into fine bits. Cut four slices of salt pork into dice, frying the pork and the onion light brown, with a piece of butter the size of an egg. Stir in two tablespoonsful of flour and when thoroughly cooked add the clam juice and half a pint of rich soup stock and the same of cream. If the flavor is liked, add a bit of mace and thyme. Add a couple of potatoes diced. These cook in about ten minutes. The chopped clams are added last, as they should not be cooked much. Just before serving, add a few hard crackers broken up into bits.

CREAM OF CHICORY SOUP — Take two washed heads of chicory and put into vessel with two quarts of stock of chicken broth. Boil an hour. Into

a saute pan put two heaping spoonsful of butter, about a quarter of a pound, with half a cup of flour. Heat, then add the broth with the chicory. Boil for fifteen minutes. Strain through sieve. Just before serving add a pint of cream. Serve with croutons souffle.

POTAGE KROUMIR—A pint of puree of tomato mixed with a pint of tapico soup.

POTAGE LAMBALLE—A pint of puree of pea soup mixed with a pint of consomme tapioca.

CREAM ESCAROLE—Same as cream of chicory, only use escarol salad, which gives a slightly different flavor.

CREAM OF SORREL—The same as above, using sorrel, which is now in the market.

PUREE OF ARTICHOKE—Use the leaves left from the hearts, boiling with a quart of chicken broth and a pint of cream sauce, boiling half an hour. Strain, first mashing the leaves. Strain pulp through wire sieve. Heat again, adding three ounces of butter and a cup of cream, seasoning with salt, pepper and a dash of cayenne if latter is liked.

CREAM OF CORN—It may be made of fresh or canned corn, but if the latter the corn must be put up grated. Take half a dozen ears of raw corn and grate very fine. Put into saute pan with an ounce of butter, a quart of bouillon, chicken broth or stock. Boil for five minutes. In another saute pan put two ounces of butter, adding two tablespoonsful of flour. Heat thoroughly. Then add the boiling corn to this, thickening it. Boil for a few minutes, then add half a pint of the best cream. Strain through sieve. Season with cayenne, salt and pepper. Serve with croutons souffle.

CREAM OF CHICKEN REINE—Into a soup kettle place a soup hen, with three quarts of water, a leek, a carrot, some parsley, a little celery, six pepper berries and two cups of rice. Boil until fowl is soft. Remove fowl, cutting away the white meat from the breast. Take the rest of the meat, chop fine, return to kettle and strain contents through sieve. To the strained broth add a quart of milk. Strain again. Add half a pint of cream and yolk of egg mixed, with a piece of sweet butter the size of an egg. Then add the breast of the fowl, which has been cut into small squares.

CONSOMME ADELE—Make an extra fine beef consomme, well flavored. Just before serving, cut into strips like matches one artichoke bottom, one truffle and half a banana, adding also a glass of dry sherry.

CHICKEN BROTH L'ORANGE—Make a well flavored chicken broth and serve in cups. Take a slice of orange, leaving the skin on, and cut it into four pieces, putting one piece in each cup.

PUREE OF SWEET POTATOES—Peel the potatoes, allowing about one potato to each individual to be served. Boil and when tender mash fine. For six persons add a quart of hot milk and a pint of chicken stock, and just before serving add a cup of rich whipped cream, straining the puree before adding the cream.

CREAM OF CHICKEN HORTENSE—Make a cream of chicken soup in the usual way. To a quart of the puree, take a cup of peeled almonds. Pound into a pulp or grind in a mortar, mixing with milk, thoroughly pulverizing the nuts. Strain and add to the soup.

BAVARIAN ROCKENBROD SUPPE—Bavarian rye bread soup is made by making a rich stock, seasoning with a bouquet of herbs, carrots, onion, leek, a hint of garlic. Strain the broth. Heat to boiling. Now toast some rye bread, cutting the bread into thin discs the size of a dollar. Lay in bottom of soup bowl. Break on this an egg, taking care not to keep the egg entire. Pour into the bowl the boiling hot soup. By the time it is served, the egg is partly cooked. Each bowl should have a sprinkling of finely minced parsley.

VIENNESE BEAN SOUP—Soak a pint of beans, first washing them. Stand over night. Start to simmer in three quarts of water and quarter-pound of lean salt pork. Cook slowly for three hours, by which time the beans should be done. Meanwhile mince an onion, a large carrot, a stalk of celery, and toss them in butter, but do not brown. Add a spoonful of flour, then add two cups of the beans, making a thick sauce. Add to the beans in the pot, cooking slowly for another hour. Season to taste, adding chopped parsley before serving. The pork or bacon should be removed after cooking and cut into very thin slices, one slice being allowed to every plate.

HUNGARIAN POTATO SOUP—Take six potatoes, peel and dice them into small pieces, and cook in broth. At the same time, mince five onions and smother in a quarter-pound of butter, browning a light brown. Take care not to burn or even to turn dark brown. Add two tablespoonsful of flour and a heaping tablespoonful of paprika. Stir with the butter and onions, mixing well. Add two quarts of rich soup stock and a cup of puree of tomatoes, simmering for thirty minutes. Add the little cubes of potatoes, which should not be boiled until they drop to pieces. Just

before pouring into the tureen, add a cup of rich cream. Serve with toasted dinner rolls.

CREAM OF SPINACH—Take one pound of spinach leaves that have been thoroughly cleaned and washed. Boil the leaves in a quart of stock or chicken broth for an hour, straining through fine sieve. Put back into soup kettle, heating with one pint of cream sauce. Boil for fifteen minutes and strain again, this time through coarse cheesecloth, and just before serving add a quarter-pound of sweet butter. Serve with croutons souffle.

PUREE OF SPLIT PEAS—One pound of green split peas, soaked in cold water over night. Drain and put into pot with two quarts of bouillon or soup stock. It is possible to use water, but this, of course, does not make rich puree. Add two onions, two ounces of leeks, two ounces of carrots, one pound of raw ham bone or a quarter-pound of bacon. Boil until the peas melt, which takes about an hour. Remove the vegetables and the bone, strain the peas through a sieve, add two ounces of butter, and serve boiling hot.

MONGOL SOUP—One pint of puree of peas, one pint of puree of tomatoes, mixed with two quarts of consomme julienne.

CONSOMME JULIENNE—Take a stalk of leek, a small stalk of celery, a carrot, a turnip and a small onion, a quarter head of cabbage. All this cut into bits the size of matches. Use the vegetable cutter which comes for this purpose. Mix with this a teaspoonful of salt, a tablespoonful of sugar, put into a well buttered pot with two ounces of butter on top, cover, and smother in moderate oven for an hour, but

do not brown or let it dry out. In stirring, take care not to mash the vegetables. They should steam without breaking or drying. When done, drain off the butter, add a quart of consomme or soup stock, a half cup of green peas and some chopped parsley.

PUREE OF TOMATO—Take a quart of tomato sauce and add half a quart of consomme. It may be varied by the addition of rice or croutons souffle as desired.

CLAM BROTH—For six persons or so, take about five pounds of clams. Wash and put on to boil with a pint of water, a few sticks of celery and a bunch of parsley. Cook for ten minutes. Drain and strain. This makes about a quart and a half of juice. If necessary, add salt, also a bit of cayenne. To each cup add a big spoonful of whipped cream. Very dainty, and generally liked.

HUNGARIAN SOUP—Saute half a pound of lean beef cut into small cubes. Add six onions, thoroughly minced. When slightly brown, add four tablespoonsful of flour. Mix well. Add three quarts of stock and a quart of tomatoes strained through a sieve. Simmer slowly for an hour. Then add a teaspoonful of caraway seeds, half as much marjoram and a large crushed garlic clove. Cook for another half-hour or longer, very slowly. The stock should be made with the knuckle of veal and beef.

CREAM OF POTATO SOUP—Slice four potatoes into a quart of bouillon. Cover tightly to prevent the escape of the aroma of the bouillon. Boil until the potatoes are soft. Strain through a sieve. Add a pint of thick cream and three ounces of sweet butter. Serve with croutons souffle.

PRINCESS SOUP—Thicken some soup stock or consomme with the yolks of two eggs, but do not boil. Add them after taking from fire, when still hot, but not boiling. Cook some carrots and turnips in salt water on the side, cutting the vegetables in lozenge-shaped bits and add just before serving.

CONSOMME PRINCESS—Add some rice and small June peas to the stock and tiny chicken dumplings. Cook the peas and rice separately, but boil the dumplings in the stock.

CONSOMME PROFITEROLE—Make a good consomme, highly seasoned and very clear. Then take some rather large croutons souffle and open with a fork, filling them with whipped cream, and add immediately before serving.

WHITE BEAN SOUP—Soak a quart of beans over night and set to cook with about four quarts of cold water or a mild soup stock. Or you may cook a shin-bone along with the beans. Also add a half-pound of lean bacon. Start to boil rapidly, then remove to back of stove, cooking for several hours until the beans drop to pieces. Remove the scum from time to time. Meanwhile, chop an onion very fine, also a carrot and a stalk of celery. Simmer in butter until the vegetables begin to take on a slightly browned color. Add a spoonful of flour, and when mixed add the broth from the soup, and also a potato diced in small bits. Strain the soup, and to the strained bean puree add these vegetables. Cut the cooked bacon in small bits, less than half an inch square. Cook for another twenty minutes, when the vegetables should be done, if you have cut them fine enough. Add salt and pepper and chopped parsley.

PRESERVES, CONFECTIONS, FRUITS, NUTS

Special Dinner Sweets, Delicious and Economical

Properly prepared fruit preserves, nut dishes, etc., are not only healthful, but appeal to the normal appetite as a relish of great merit. Some special preparaitons are given in the following pages:

GREEN WALNUT CONFIT—Take the green nuts, puncturing with a needle several times. Soak in cold water seven days, changing the water daily. Then boil in clear water until tender. Put again in fresh water over night. Drain well. Make a syrup of a quart of water and a pound and a quarter of sugar, pouring hot over the nuts. Let stand. Drain when cool and reduce this syrup to half, pouring over the nuts hot, and continue this process daily for six days. Let rest for two days. Then boil again, slowly, adding to the syrup a little glucose so the sugar will not grain. Let the nuts stand in the syrup a few days, by which time they will be candied.

APPLE MARMALADE—Peel, core and quarter some apples. Put into basin, allowing a cup of water, the juice of two lemons to every quart of fruit. When cooked, drain through a sieve. Add to this pulp three-quarters of its weight in lump sugar. Stir with a wooden spoon. When the juice makes a glazing on the spoon it is ready to put into jars.

STEWED BANANAS—Skin the fruit, removing the strings. Throw into boiling water, then drain at once, and transfer them to a kettle in which there is a

heavy boiling syrup. Cool in this. Then place in a glass dish and cover with their own juice.

PEARS A LA PIEDMONT—Peel a dozen Bartlett pears, leaving on a little of the peel about the stem, and then cut crosswise at two-thirds the height. Scoop out the inside with a Parisian potato spoon and cook for a few minutes in a heavy syrup. Remove, and fill the centers which have been hollowed out with a macedoine of fruit and pear marmalade. Dress a layer of rice and cream on the bottom of a dish, and place these pears on top, serving with a sauce made of strawberry pulps, flavored with maraschino.

STRAWBERRY MOUSSE—Mash enough fresh strawberries to make a pint of puree. Beat to lightness a pint of rich cream. Melt three-quarters of a pound of sugar in the puree, barely warming it, as cooking the berries destroys some of the fruity flavor. If the berries are not a rich red, add a drop or two of coloring. Having cooled the puree, mix it with the stiff cream and freeze together, but do not freeze as hard as ice cream. Serve in fancy glasses, with a spoonful of cream on top and a strawberry resting in the cream. It may also be served in fancy boxes. Little pasteboard boxes may be purchased at a confectioner's. An ingenious person with deft fingers could make tissue paper decorations about these boxes in the shape of flowers. They may be purchased, but could be made at home for a fraction of the cost.

DAMSON PLUM PRESERVES—This is approaching the season when damson plums are at their best in the market. Wash the fruit, then put it on to cook in a porcelain or copper kettle or a new granite-ware kettle. Avoid tin or iron in cooking fruit of any kind, as the effect of the metal on the acid discolors

the fruit. Put it on to boil with a small quantity of water, say a quart to a gallon of fruit. When the fruit drops from the seeds strain it through an open mesh colander. The idea is not to mash the skins too much, as they should be preserved whole. Do not make a puree of the fruit, but preserve it whole as much as possible. To every pint of pulp add two-thirds the amount of sugar, and boil for twelve minutes. This should make a thick preserve. The fruit should be boiled down before adding the sugar instead of boiling it with the sugar. The latter process, which so many cooks follow, makes the fruit dark colored and destroys the fruity flavor, and is apt to make the fruit taste sugary.

MERINGUED PEACHES—Cook very slowly in a double boiler half a pound of rice in a quart and a half of milk. When it is done the milk should be entirely absorbed. Add a few spoonsful of cream and a little butter. Having the above in readiness, the next step is to prepare the peaches. Dice six large peaches, first having peeled them by scalding in boiling water. Make a border around a deep dish with the rice. In the hollow center put the small pieces of the peaches, moistening them with apricot marmalade, or puree or thick juice. Cover all with meringue-beaten whites of eggs, sweetened, making the meringue in fancy shape. Dust over with powdered sugar and set in warm, but not hot, oven to dry for twenty minutes.

CRABAPPLE JELLY—Cut the fruit into halves, removing the seeds and stem. Add barely enough water to cover the fruit. Boil until tender. Strain through a cloth jelly bag. Boil the juice, after straining it, for ten minutes. Then measure. To every cup of juice add a cup of sugar, boiling together for fifteen

minutes. It should be a rose color or deep, rich yellow. This is easily and quickly made, and makes a dainty jelly to serve with waffles and the like.

APRICOT-PINEAPPLE PRESERVES — Use equal proportions of pineapple and of apricot. Scald the apricots, then rub off the skins. Quarter them. Discard the seeds. Peel the pineapple. Discard the woody, stringy inside, and take a sausage grinder, using the coarsest blade. Grind the fruit in it, as this is the quickest way to mince the pulp. To every cup of mixed fruit add a cup of sugar. Put into crockery bowl or porcelain lined kettle and let stand in the sugar over night. In the morning it will have formed quite a lot of juice. Heat this over a slow fire, stirring with a wooden spoon. Boil for twelve minutes. Put into jars and seal, filling when the fruit is boiling, following the usual method for preserving. This is a dainty, appetizing preserve.

GRAPEFRUIT MARMALADE—Cut three grapefruit, one orange and one lemon in halves lengthwise—do not peel, but cut the skin and all. Then with a very sharp knife slice very thin, rejecting seeds. Put in preserving kettle and add ten cups or two and a half quarts cold water. Bring to a boil and let simmer uncovered about one and half hours, or until tender. Dissolve thirteen and a half cups or six and three-quarters of a pound of sugar in some of the liquid in which the fruit is cooling. Cover the sugar, heat to boiling point, then add to fruit and boil twenty minutes. Fill glasses while hot. Makes fourteen glasses.

RASPBERRY JELLY—To every two pounds of fruit add a cup of water. Boil for ten minutes. Strain the juice through a cheesecloth. Allow the same quantity of sugar to equal part of juice. Boil for twenty

minutes. Fill jelly glasses. Cover with paraffine on the following day.

LOGANBERRY, GOOSEBERRY AND CURRANT JELLY—The same proportion for making jelly of these berries should be followed as above directed for raspberry jelly, and the same process throughout, except that gooseberries must be boiled longer than the softer berries. In making jellies it is better to make a small quantity now and then, obtaining the fruit whenever the market is good, rather than following the old fashioned method of making a great quantity at a time, which tires the cook and often spoils the jelly, as less care is apt to be taken in making large quantities. Never boil the sugar and the fruit a long time together. That darkens the color and makes a less dainty jelly, besides destroying the perfume of the fruit.

APRICOT PRESERVES—In making preserves, some like to peel the fruit. As the skin is thin, this is not necessary. However, if one desires to be fastidious, simply scald the fruit, then rub off the skin. Boil the fruit, having halved it to remove the seed. Simmer in porcelain lined or copper kettle, using a wooden spoon for all purposes. Tin often discolors fruit. When the fruit is almost tender, drain. It should not fall apart or become mushy. To every cup of this juice, add a cup of sugar. Boil for five minutes, then add the fruit, boiling for another five minutes, by which time it should be done. This makes a rich, heavy preserve. Stand your jars in a pan of hot water, filling your jars. Screw up as soon as the jars are slightly cooled, so they can be handled. Fill as full as possible to exclude the air. Mildew does not form if this process is followed and if the jars are set in a cool, dry place.

APPLE JELLY—The first apples of the season are very tart, and are the best for making apple jelly. To make a small quantity, take six tart green apples. Quarter, but do not peel. Remove the seeds. Add a quart of water. Cook until soft. Strain. To every cup of juice add a cup of sugar. Boil for fifteen to twenty minutes, not more than twenty at the most. Put your glasses into a pan containing hot water. Fill with the jelly. Next day cover with paraffine. Put in a cool place to keep.

FIG MARMALADE—Peel some ripe, firm figs. For each pound of figs allow seven ounces of sugar, dissolving it in a very little water. Boil it up twice, skimming, and then add the figs, cooking until the juice makes a coating on the skimmer or spoon. Put it into glass jars that are set in hot water. Seal up. Very dainty marmalade to serve with hot biscuits at tea.

WINE JELLY—Half a pint of water, a quarter of a pound of granulated sugar, two ounces of gelatine, juice of six lemons and six oranges, half an ounce of coriander, half-ounce of cinnamon stick, three eggs, glass of sherry. Boil the water, the sugar, the coriander, cinnamon and gelatine. Add the beaten whites of three eggs, with a glass of sherry wine. Take from fire. Add the fruit juice. If not sweet enough, add a little more sugar. Strain. Put into covered saucepan. Let it stand for fifteen minutes. Then press through a felt jelly bag, having first rinsed the bag in cold water.

BLACKBERRY JELLY—The same process may be used in blackberry jelly. Take two pounds of blackberries, wash them and put into a saucepan with a small cup of water. Simmer on the back of the stove

until the fruit is soft. Drain. Strain also. To every cup of juice add a cup of sugar, using a wooden spoon with which to skim the jelly. Boil for twenty minutes. Set your glasses in a pan of hot water and fill your glasses. The next day this should be thick enough to bear the weight of paraffine.

BAR LE DUC—Take one and a quarter pounds of currants, large and juicy, prick each with a pin to remove the seeds without mashing the pulp. Cook a pound of sugar with a cup of water until, when you put a bit of the syrup in water, it forms a soft ball. At this point, remove the syrup from fire, mixing the currants very lightly—that is, the fruit from which the seeds have been extracted. The idea is to have the currants as unbroken and as full of pulp as possible. Put them back on the fire, boil for a few seconds, thus preserving the fresh, delicate flavor of the fruit, which is ruined by too much boiling. Put into small, thick glasses, which come especially for this purpose. Cover them the following day the same as jelly. This is one of the delicately flavored jellies made at Bar le Duc, France, where the population is much versed in the art of fruit preservation of all kinds. The fruits put up there are exported to all the world.

MACED PINE OF FRUIT—Take any kind of large grapes that can be skinned and seeded, and to half a pound, slice two apples, a grapefruit, two peaches, using the canned variety, if necessary, adding three tablespoonsful of powdered sugar and a liqueur glass of kirsch, apricot and kummel. Serve in a glass fruit dish as a dessert.

GOOSEBERRY FOOL—Take your best preserved or canned gooseberries, and, if not already cooked, cook again until the sauce can be strained through a

sieve. Stand to cool, then place on ice, to chill thoroughly. To a pint and a half of the gooseberry sauce, allow a pint of cream that has been whipped stiff. Place ladyfingers in a glass bowl, then pour the mixed sauce and cream over them.

CUBAN PINEAPPLE—Another dessert much relished is made by taking a pint can—or any quantity you desire—of the best pineapple. The best varieties are those canned on the Hawaiian islands, being preserved in glass jars on the premises where they ripen. Slice very thin, and, if not sweet enough, add some powdered sugar, and pour over all a liqueur glass each of Jamaica rum and Maraschino, setting fire to it while serving.

FIGS AU RUM—Take half a pound of the best dried figs and place in the bottom of a deep bowl or fancy platter. Add two heaping spoonsful of powdered sugar and a wine glass of Jamaica rum, setting fire to it, and keep stirring until the rum is burned.

CREME AU KIRSCH—Take a small cream cheese, either Brie, Camembert or Neufchatel, and crush it, adding a quarter-teaspoonful of granulated sugar and half a glass each of Kirsch and Maraschino, making into a paste. Serve with ladyfingers and macaroons.

MOSCOVITE OF STRAWBERRIES—Put a pint of gelatine into a basin. In another basin have a pint of strawberry pulp, with the strained juice of six oranges, half a pound of powdered sugar, a little vanilla, and stand aside to mix for a while. Then incorporate with the jelly, beating well, then setting aside to harden in a cool place. Serve very cold. All gelatines should be chilled by placing near the ice or in a cold place, as that improves the flavor.

PRESERVED WALNUTS — When the walnuts are in the milk, the outer covering is tender, and then is the time to utilize them for preserves, catsup and the like. Almonds may be similarly used. For preserving, select large, tender nuts. Prick each with a needle or the tines of a sharp fork. Boil in water until tender. Drain and then put them in jars, filling up with cold syrup made of one quart of water and two pounds of sugar. Boil in water for six minutes.

FIGS RUSSIAN STYLE — Make a rich sugar syrup. Cook the figs in this a few minutes, seeing to it that they remain whole. To every quart of figs add a wine glass of Jamaica rum.

SUPREME OF MELON BRONSON—Scoop out round balls of canteloupe, using a Parisian potato spoon. Put them in a supreme glass, surrounding it with ice. On top place a few balls of watermelon scooped out the same way. Serve with salt and pepper, or with powdered sugar, as preferred.

BRANDIED GREEN WALNUTS—Prepare the same as above, cooking the nuts until tender. Then boil again in the syrup. Reduce this syrup, having drained it off, until it is thick. Add equal proportions of good brandy. Put the nuts in jars, and fill up with this syrup, finishing as above.

COUPES, ICES, ETC.

Under this heading a few model ices are described. The general principles may be followed for various flavors. Some of the most popular drinks among caterers are given.

COUPE ST. JACQUES—Take all kinds of fresh fruit in season. Large grapes should have the seeds removed. Many remove the skin also, this being a dainty way of preparing them. Other fruit should be sliced very thin. Pineapples, grapefruit, oranges, apples, grapes and so on, go well together. Pour kirschwasser or maraschino over all, and stand aside in the ice box for two hours. Chill the coupe glasses and place this macerated fruit in the bottom, with two kinds of water ice on top, or one kind, if preferred, decorating the top with a little fancy candied fruit.

LEMON WATER ICE—A quart of water, a pound of sugar, juice of eight lemons, whites of two eggs. Melt sugar with the water, add strained juice of the lemon. When slightly frozen, add the beaten whites of the two eggs.

COFFEE ICE CREAM—A quart of milk, a pound of sugar, half a pound of best coffee, yolks of eight eggs and half a pint of rich cream. Boil milk in double boiler. Add the coffee, ground fine but not pulverized. Let it stand at boiling temperature for a few minutes, but do not let it come to a bubble. While this is going on, mix the sugar with the beaten yolks. Now strain the milk through cloth. Heat again to boiling point,

adding the yolks and sugar slowly, stirring to a creamy consistency. When cool, add the cream. Freeze as usual.

CHOCOLATE ICE CREAM—One quart of milk, six ounces of cocoa, yolks of four eggs, ten ounces of sugar, half a pint of thick cream. Boil the milk as above. Mix yolks and sugar, stirring into the hot milk slowly until a creamy mixture results. Do not boil. Melt the cocoa with a little of the milk, adding to the above. Let it cool. Add the cream just before ready to freeze.

MONTE CARLO PEACH ICE CREAM — Mash some nice peaches to a pulp, using one-third pulp and two-thirds cream, adding sugar to taste. As freezing usually seems to lessen the sweetness of anything, it is well to add plenty of sugar. Tint pink with a little coloring. Freeze this until it is soft. Then coat a mold with this, having a layer about half an inch thick. Now take some other peaches and cut into small dice. Add sugar and soak for a short time in kirschwasser. Now take the rest of your frozen cream, mix with an equal quantity of whipped cream, add sugar and fill the mold with equal quantities of the diced peaches and this cream. Freeze the mold. Unmold, turn it on a glass platter and cut in slices. This is very delicious.

TUTTI FRUTTI ICE CREAM—Make a macedoine or mixture of candied fruits, cut up fine and mix with maraschino. Mix this with vanilla ice cream, using a fourth fruit to three parts of cream. Fill tutti frutti molds half full of this, filling the rest of the way with raspberry ice. Freeze. Unmold, dressing the molded cream on lace paper, and serve.

STRAWBERRY ICE CREAM—One pint of strawberry pulp or puree, a pound of sugar, a quart of rich

cream and a few drops of red color. Mix the sugar with the strawberry pulp until the sugar is thoroughly melted. It may be necessary to heat it for this purpose. Add the cream and a few drops of the color. Freeze.

VANILLA ICE CREAM—A pint of milk, a pint of cream, a quarter-pound of sugar, yolks of four eggs, half a vanilla bean. Boil the milk with the vanilla bean. Mix the sugar and the yolks, pouring slowly into the hot milk until creamy. Do not boil. Strain. When cold, add the cream. Freeze.

OSLER JOE—Take the beaten white of an egg and the juice of an orange, shaking up well.

SUNSHINE—Squeeze the juice of one lime into a glass, fill up with sarsaparilla.

QUEEN CHARLOTTE—Take two tablespoonsful of raspberry syrup, a teaspoonful of sugar, stir well, and fill the glass with seltzer water.

ORANGE BLOSSOM—Juice of one large orange, a tablespoonful of sugar, a dash of gin, filling the glass with seltzer.

GRENADINE PUNCH—Two tablespoonsful of grenadine, half a lemon, stir, filling the glass with seltzer water.

ORANGEADE—Juice of two oranges, a tablespoonful of sugar, stir, filling the glass with seltzer water.

TUTTI FRUITI PUNCH—Mix in a punch bowl the following, which is sufficient for twelve persons: Juice of a dozen oranges and half a dozen lemons, straining to remove pulp. Take a can of preserved

pineapple, adding the juice and the fruit cut into very small pieces. Add a pint of raspberry juice and about a dozen crushed mint leaves. Have a large square piece of ice in the bowl. Sweeten with a dozen lumps of sugar. Add two quarts of seltzer water.

COUPE MAXIME—Take some fresh macaroons, cut them in eight pieces and pour some maraschino over and let stand for one hour. Then put these macerated macaroons in coupe glasses and fill with mapleine ice cream. Make some spun sugar, directions for which are given in this department, and make small baskets with the sugar, which you fill, molding the ice cream in shapes of strawberry, etc.

COUPE VICTOR—Take equal quantities of strawberries and raspberries, and to a basket of each allow four spoonsful of powdered sugar and the same quantity of kirschwasser. Mix well and stand near the ice to chill thoroughly. If you do not have time to chill the fruit, surmount it with cracked ice for a few minutes. Before serving, put a teaspoonful of lemon ice on top of each glass. It should be served in punch glasses. It may be served without the water ice if desired. When this is done, let the fruit be well chilled with the cracked ice added to each glass after being filled.

RASPBERRY WATER ICE—One quart of water, half a pint of raspberry juice, made from the fresh fruit if in season. Otherwise, the canned may be used. A pound and a half of sugar and two lemons. Melt the sugar in the water over a slow heat. Add the raspberry juice and lemon juice, strain, cool and freeze.

BALTIMORE EGG NOG—Beat three eggs, the whites and the yolks separately. To the beaten yolks add a fourth of a grated nutmeg, two large spoonsful

of powdered sugar, whipping together. Beat in gradually a wine glass of brandy or rum and a glass of sherry. Add the stiff whites, and last of all a pint of milk and a half-pint of cream. This is not a warm drink. It is easily digested, and makes a splendid drink for debilitated persons.

CLARET CUP—Take a tall glass pitcher and place a square piece of ice in it. Place three slices of fresh cucumber rind lengthwise in the pitcher, the green side against the glass. Then place four sprays of tender mint in this. In another vessel prepare the cup as follows: Take a pint of claret, same of White Rock or any preferred sparkling water, add a glass of sherry, a pony of curacao, a pony of brandy, the thin rind of a lemon, powdered sugar to suit, a slice of pineapple, and a dozen maraschino cherries. Let stand at least twelve minutes before serving. Pour into the pitcher, adding last of all some choice fruits in season—a half cup or so of big raspberries, a dozen strawberries, and some like to add a peach and an apricot, sliced.

MOSELLE CUP—To a quart bottle of California moselle, add a quart of club soda or other sparkling water. Add a glass of good sherry, a pony of anisette, a slice of pineapple cut in small pieces, the outer yellow peel of a lemon, keeping the peel in one spiral unbroken. Add powdered sugar. Place one good sized square of ice in the pitcher, arranging mint about it. Into this pour the above. Serve before the ice is melted very much. A good way is to have all the ingredients iced, adding no ice in that case, as this dilutes the mixture.

MISCELLANEOUS DISHES

Miscellaneous recipes, some of which are related to various departments, are given herewith. There are included recipes which might belong under other headings, but will stand out more plainly in this chapter.

HOW TO MAKE TARRAGON VINEGAR—Procure the fresh tarragon. Take the tender, green leaves from the stalk, wash and fill a quart bottle half-way with these leaves. Take the rough, rooty remainder and boil with white wine vinegar. Strain this while hot on the leaves in the bottle. This makes a first-class tarragon vinegar, not surpassed by any on the market. It will keep for a long time, and, from time to time, as the vinegar is used, the bottle may be filled up, as it increases in strength. This is to be used as a flavoring only with certain salads, notably green salads.

PARMESAN SOUFFLE—Beat five yolks, add two tablespoonsful of rich cream, an ounce of melted butter, five tablespoonsful of Parmesan cheese grated, nutmeg, salt and cayenne. Whip the five whites separately until they are dry. Whip in the yolks. Fill some entree cases about half or so, strewing over this some of the cheese. Bake in moderate oven for six or eight minutes.

MACARONI, SPAGHETTI AND PASTES—The same method may be followed with Italian and German pastes. Always boil in plenty of salt water. Some like to wash them off, after being cooked, in cold water, to remove the gluey consistency. This is the

French method. Italians do not follow that method. Macaroni or noodles Philadelphian are made by heating the cooked paste with good soup broth, reducing to almost dry. Then add minced lean boiled beef, boiled ham, mushrooms, covering with Parmesan cheese, adding a little more stock and tomato sauce or catsup, then putting into a baking dish to brown for five minutes.

MACARONI MILANAISE—Boil half a pound of macaroni in salted water. Drain. Add half a cup of tomato sauce, mince half a cup of ham, crush a garlic, mince a slice of beef tongue, add this to the above. Also half a can of mushrooms sliced, with salt and pepper and a little butter.

PAIN PERDU—Heat a pint of milk with the grated rind of a lemon and four tablespoonsful of sugar. Flavor to suit. A dash of brandy is fine. Take some small pieces of toast and dip into this mixture, then dip in beaten egg and fry quickly, the same as batter cakes. Sprinkle with sugar and serve hot.

FRENCH PANCAKES—The proportion is a cup and a half of flour, a cup and a half of rich milk, two eggs, a pinch of salt and one of sugar. Mix into a smooth batter. It should be very thin. Fry on a buttered pan, making small cakes. They should be thin as paper and very tender. Different brands of flour have different amounts of glutinous substance, so the cook must exercise a little judgment in obtaining the right consistency. A French pancake is very thin and dainty. Use no baking powder or other similar material.

SOUFFLE AU FROMAGE—Heat a pint of milk in a double boiler. Mix a quarter-pound of butter with a quarter-pound of flour, working together, then add

to the boiling milk, cooking until it thickens. Take from fire and add the yolks of six eggs, whipping slightly, then add a quarter-pound of grated Parmesan cheese, salt and pepper, then fold in the beaten whites of six eggs which have been whipped dry. Put into buttered mold or into individual molds, sprinkle with cheese on top and bake for twenty minutes.

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BETWEEN WEBSTER AND BUCHANAN SAN FRANCISCO

Sig. 12

HORS D'OEUVRES, CHAFING DISHES, ETC.

The Dainty Appetizers and Delicious Small Tid Bits

Dainty sandwiches, rarebits in various forms, canapes and chafing dish bites are perhaps more tempting than elaborate dinners. I have only given a few recipes, but these are of such a desirable character that they will last without repetition for a long time to the infrequent supper giver.

CANAPE ROMANOFF—This may be used either for fancy sandwiches, to be served at tea or bridge, or may be served as a canape, as an appetizer for dinner. Take a box of smoked Norwegian sardines, mix with three ounces of hot butter, mash fine and force through a sieve. Whisk into this four spoonsful of cream. Spread over toast cut in fancy shapes. Garnish with ripe and green olives.

CON CARNE IN CHAFING DISH—For convenience, use the canned chili con carne. Cut up half a pound of best Eastern cheese. Heat the con carne, add the cheese and two hard-boiled eggs, sliced across. Add a cup of milk or cream. Serve on toast.

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ARABIAN SANDWICHES — Take four hard-boiled eggs and mash fine, adding slowly a quarter-pound of soft butter. Mash into a paste. Add a small teaspoonful of curry, a soupspoonful of cream and two of chutney sauce—this also comes ready for use at the grocer's. Spread on toast.

CHICKEN SANDWICH PRINCESS — Chop up the white meat of a fowl. Also mince some celery, using a stalk to a fowl. Add two tablespoonsful of mayonaise to bind well. Place a slice of peeled tomato on dry toast cut round the same size as the tomato. Place the minced chicken on this.

CANAPE ROTHSCHILD—This is a dainty supper bite, generally liked. It may be made in a chafing dish. Heat some minced crab meat in plenty of butter. When hot, pour into a Welsh rarebit and serve over small bits of toast.

SANDWICHES CAREME—Take half a dozen sweet mixed pickles and mince very fine. Take the meat from one lobster and shred it. Mix with the pickles, salt and pepper and a whisky glass of tarragon vinegar. Let stand for a few minutes, then squeeze out the vinegar and add a half cup of mayonaise. Spread over toast or salted crackers. The same may also be mixed with three hard-boiled eggs and served on lettuce leaves as a salad.

CLUB SANDWICH—Toast white bread on one side. Spread with butter lightly, then with mayonaise. Place two slices of the white meat of chicken on the toast. On top side of this place lettuce, sprinkling with salt. Then press another piece of toast on top of this, laying two hot pieces of thin bacon on it, a little white meat and last the third bit of toast. Serve with olives and small pickles.

SARDINE PASTE SANDWICH—Take a can of the fish. Remove the bones and skin. Mash fine, adding two hard-boiled eggs, minced. Add the oil to thin it, and strain through a wire sieve, adding two ounces of melted butter, pepper, a dash of Worcestershire and mix well. Spread on toast, sprinkling with chopped egg. Trim the edges, removing the crust.

INDIAN CANAPE—Take hard-boiled eggs, allowing one egg for every person to be served, and mash through sieve. To this quantity add a quarter-pound of sweet butter, a half-teaspoonful of curry and beat into a smooth paste, adding a tablespoonful of cream toward the last. Spread over toast. Chop some chutney and place a bit of this on each piece of toast.

OLIVE SANDWICH—Chop equal parts of olives and onions together. Add a few drops of olive oil and pepper, but no salt, as the olives have enough. Spread on thin buttered slices of bread.

WELSH RAREBIT—To make Welsh rarebit so it is neither stringy nor lumpy, take a pound of Eastern cheese (Herkimer county is preferable), cut into dices about a quarter of an inch square. Put into pan or chafing dish over a hot fire. Add two tablespoonsful of ale, a few drops of Worcestershire sauce, a pinch of cayenne and let come to the boiling point. Do not stir. When melted, pour over toast and serve hot.

YORKSHIRE BUCK—Made exactly the same as above. Spread the toast with anchovies or anchovy paste. Over this pour the melted cheese. Put a poached egg on top of toast, garnishing with thin strips of bacon.

GOLDEN BUCK—Prepare a Welsh rarebit, pour over toast. On each piece put a poached egg. Serve hot.

POLISH BUCK—Prepare rarebit. Spread round pieces of toast with caviar, pouring melted cheese over this.

VENETIAN EGG, IN CHAFING DISH—Mince an onion and saute in two spoonsful of butter, then add half a can of firm tomatoes, cooking for twenty minutes. Add a pound of Eastern cheese, breaking it to small bits. Season with salt, paprika and a bit of Worcestershire sauce, stirring all the time. Also add half a teaspoonful of mustard. Last, add three eggs, lightly beaten, stirring until thick. It should be of the consistency of Welsh rarebit. Serve either with or on toast or toasted crackers.

DUBNEY SANDWICHES—Chop your chicken or turkey, and to a cup of this add a spoonful of mayonaise, a teaspoonful of minced onion, two minced shallots, a pinch of chopped chives, adding salt and pepper. Spread on warm toast, buttering it liberally.

CREOLE SANDWICHES—Add fresh or canned sweet peppers to chopped peppers, binding together with mayonaise. Add a bit of minced parsley. Spread on white and on brown bread. Always make your sandwiches dainty and thin.

WINDSOR SANDWICHES—Chop enough chicken or turkey to make a cup of meat, adding half as much chopped ham and half a dozen chopped olives. Bind together with mayonaise. Spread on white and on brown bread, buttering first.

CREME AUX ALMONDS SANDWICHES—Take a soft cream cheese, mix with it a cup of crushed salted almonds and a liqueur glass of kirsch. Spread over thin slices of brown bread.

BOSTON BITE—Obtain Boston brown bread, cutting as thin as possible. Spread with Neufchatel cheese and a strip of canned pimentos. Press together.

CREOLE SANDWICHES (II)—Chop half a cup of canned pimentos or sweet red peppers. The fresh will do, boiling them first. Add a cup of minced chicken and enough mayonaise to bind together. Salt and pepper. Spread over white bread. Cut into fancy shapes.

WINDSOR SANDWICHES (II) — Grind in a grinder equal quantities of boiled ham and chicken. Add chutney and mayonaise. Spread over buttered bread.

RAISIN COCKTAIL — Soak seedless raisins in sherry wine for fifteen minutes. Put a heaping spoonful on each cocktail glass. Make a sauce of tomato catsup, tobasco sauce, celery seed, the juice of two lemons, allowing the latter to half a pint of catsup. Add a few chopped almonds. Fill the glasses and chill, or serve with ice about the glass. Very dainty bite.

CANAPE ST. FRANCIS—Take small pieces of toast, trim the edges and cut in fancy shapes or in circles. Spread with caviar. Place a slice of tomato on top and over this strips of anchovies—they come ready for use. Place this on lettuce leaves that have been dressed with French dressing, mixed with finest herbs.

SCOTCH WOODCOCK—This is a chafing dish favorite, and may be served as a supper dish. Have your chafing dish ready. Mix four yolks of eggs with a cup of rich cream. Place over fire, stirring contin-

ually until the mixture thickens. Have some thin toast prepared in advance. Lay strips of anchovy over the toast. Add a spoonful of sweet butter and a bit of paprika to the cream and pour over the anchovy toast.

LIGHT AND HEAVY SALADS

Construction of the Necessity of the Epicure

The use of salads is so generally recognized in this country today that little comment is necessary upon the virtues and values of this tasty portion of a meal.

It might be well to suggest, however, that such pains should be taken with salads that the diner will yearn for them, and the yearning, satisfied, will insure health and good feeling.

Included in the following are varieties of salads which should be invaluable to the housewife desiring to keep the family in good health and spirits and with a strong loyalty for the family board.

There is one feature to be remembered, and that is that oils, vinegars and condiments must be selected with exceptional care, as slight and suggestive flavors make or unmake salads.

SALAD ST. FRANCIS—Take a white, tart apple, peel and cut into dice. Cut a stalk of celery in strips thin as a toothpick, put into salad bowl with one tablespoonful of mayonaise, then add one cupful of sweet cream (no sugar) that has been whipped stiff. Sprinkle with half a dozen chopped walnuts.

SALAD MODJESKA—Cut some celery, green apples and green sweet peppers as directed above. Mix with mayonaise to which has been added a soupspoonful of sherry wine. A nice way to serve this is to get some tender leaves of nasturtium, wash them, and pile the salad on this, garnishing with a few of the blossoms.

CHIFFONNADE SALAD—Take equal quantities of escarole, chicory, romains and head lettuce and cut in even sized pieces. For every person add half a tomato quartered. Mix with French dressing. Garnish with minced egg, the white and yellow piled on top separately, alternating with a radiating line of minced cooked beets and some minced parsley.

RUSSIAN SALAD—Take a cold boiled carrot, a turnip and a beet, and dice into small bits. Dice a boiled potato similarly. Mix, adding a cup of cold, freshly boiled peas, half a cup of string beans cut into small bits, salt and pepper. Add two tablespoonsful of olive oil and one and a half of white wine vinegar, mixing this in a salad bowl which is poured over the mixed vegetables. Garnish with slices of truffles and potatoes arranged in circular fashion over the bowl. On top place a portion of cauliflower, garnishing with anchovies crossed over the salad.

HONOLULU SALAD—One can of pineapple, drained well. Retain the juice to use as sauce with pudding. Make a mayonaise. Arrange some tender lettuce leaves in the salad bowl. Cut the pineapple into thin bits, mix with the mayonaise and place on the lettuce. Sprinkle with paprika.

CHICKEN SALAD VICTOR—Boil a fowl in seasoned water until tender. Start in hot water, simmering slowly until tender. Cool in broth. Remove skin, dicing the meat into pieces of uniform size. Add half a cup of string beans cut into small pieces, a cup of boiled rice, four peeled and quartered tomatoes, one sliced truffle, some chopped parsley and chervil, about a teaspoonful of each, chopping with three fresh tarragon leaves. Make a French dressing, using freshly ground black pepper, paprika, white wine vinegar, salt. Mix with above. Serve on lettuce leaves.

HEARTS OF ARTICHOKE SALAD—Boil the artichokes as usual in salt water. When cold, remove all of the leaves, which should be utilized at a subsequent meal for puree of artichoke. With a spoon, scoop out the hairs, which are really the stamens of the artichoke flower. Then you have left a small cup-shaped bit of pulp. This may be filled in a variety of ways, with shrimp salad, with crab salad, with asparagus tips, with chopped string beans, with minced cauliflower mixed with mayonaise or with anchovies mixed with diced beets covered with French dressing.

CURRANT SALAD—Remove the currants from the stems, selecting those as large as possible. To a pound of currants add a cup of powdered sugar, a pony of chartreuse, a pony of imported kirschwasser. Keep near the ice. Serve in small glasses with ladyfingers. May also be served with Neufchatel cheese.

BAKER'S ISLAND SALAD—Take a quantity of large mussels and boil with celery, the proportion being a dozen mussels to one stick. Drain well, adding to this quantity six boiled potatoes, a teaspoonful of chives, some French dressing, to which may be added the juice of a clove of garlic. Serve cold.

SARDINE SALAD—To half a head of lettuce add half a bunch of watercress. Arrange nicely in the dish. Pile on this six small boned sardines, some chopped chervil, half a teaspoonful of minced capers and the yolks of two hard-boiled eggs, mashed fine. Over all pour two spoonsful of French dressing. Ornament with sliced green pickles.

GERMAN POTATO SALAD—Chop an onion very fine, add salt and put into bowl, covering tightly to prevent the escape of the aroma. At the same time, boil half a dozen new potatoes in salt water. Peel

while hot and slice very thin over the onions. Add some freshly ground black pepper, a spoonful of chopped parsley and three spoonsful each of oil and white wine vinegar, and just before serving add a cup of boiling hot soup stock, well seasoned and flavored with herbs.

SALADE NIVERNAISE—Take equal quantities of boiled French carrots that have been diced into small pieces, boiled rice, prepared Southern style, mixing well. To a cup of the above allow one raw tomato cut into quarters, and half a cup of fresh boiled peas. Mix well, pouring a quantity of French dressing over all.

LIVER SALAD—Obtain a pound of chicken livers or calf's liver. Put into pot with a quart of water, salt, an onion, a carrot, a bay leaf, a clove, and boil for half an hour. Cool in liquid. Then slice in half-inch pieces. Put into salad bowl, which has been rubbed with garlic. Chop an onion, some parsley, salt and pepper, mixing olive oil and vinegar as for French dressing.

ORANGE SALAD—Dice some oranges, having first kept them near the ice to chill. To three oranges allow two bananas and a good cup of large peeled white grapes, and a diced grapefruit. Allow the oranges and the grapefruit to stand for an hour or so with a half cup of powdered sugar over them. This will cause the juice to be extracted. Then add half a wine glass of any light liquor. Add your grapes and sliced bananas, and serve. It should be very cold. If a fancy salad is desired, one may cut the orange peel into fancy baskets and serve the salad in them. Or serve in a glass dish, with a heaped spoon of whipped cream on top and a blanched walnut on this.

SALADE EUGENIE—Remove the outside leaves from firm heads of lettuce. Cut the heads into quarters evenly, taking care not to break the lettuce into fragments. Put on ice. Now make a dressing as follows: Take six spoonsful of olive oil, a teaspoonful of salt, three spoonsful of tarragon vinegar, half a teaspoonful of curry powder, some white pepper and a dash of paprika. Bring to boiling point in double boiler. Remove from heat, and beat until cold. Serve over the hearts of lettuce.

CRAB SALAD—To the shredded meat of one crab, add a cup of mayonaise, a bit of chopped parsley, some salt and cayenne pepper. Dish up on salad bowl upon crisp lettuce leaves. When about ready to serve, add two hard-boiled eggs, quartered, sprinkling on top with a soupspoonful of small capers.

SALAD MEXICAINE—Place a lettuce leaf on a plate, then a thick slice of tomato, then a layer of chopped white onion, then a layer of minced green sweet pepper. French dressing. Delicious with roast lamb.

BEAN SALAD—To four cupsful of cooked white navy beans add a tablespoonful of chopped onions, making a hot French dressing to serve with them. Beans should always be served warm, as they are easier to digest.

WALDORF SALAD—Cut some white celery in strips like matches, placing in ice water to crisp. Cut some apples the same way, using equal parts of each. Mix with mayonaise and place on a flat dish, in a mound shape, covering with strips of green pepper cut like matches and arranged in a lattice design over the salad, surrounding with hearts of lettuce leaves.

APPLE SALAD A LA PARKER—Scoop the pulp out of nice, firm apples, a bellefleur being very good. Cut this up in small bits, mixing equal parts of celery with it. Mix with mayonaise, and fill the hollow apples with this, trimming with strips of red and green peppers.

BRITTANY SALAD—Fill a bowl with watercress and sliced Bermuda onions, cut as fine as possible. In the center place three eggs, quartered lengthwise, sprinkling liberally with roquefort cheese. Add French dressing.

ITALIAN SALAD—Cook some string beans in salt water, cutting the beans in halves unless they are very small and tender. Cut some carrots into shreds. Cook this also in salt water, or, better still, cook in some soup stock that you may be preparing for a subsequent meal. The carrots may be drained out of the stock, imparting a dainty flavor. Cook a half-pint of pease also. If the flavor is liked, a similar amount of turnips, cut into dice, is also added in a genuine Italian salad. Into a bowl arrange some minced chervil, tarragon leaves and parsley, then put the vegetables, either mixing all or arranging in separate mounds. Cut up some beets into dice, also some cooked potatoes. Alternate the beets with the potatoes in arranging the salad in the bowl. In the center place some anchovy fillets. Place a few slices of thin, sour pickles on top, and if convenient add last of all some small mushrooms. Add French dressing.

SALADE AIDA—Take equal parts of orange, grapefruit and boiled rice. Also a breast of chicken. Cut the fruit and the meat julienne. Serve on lettuce leaves with frozen desserts.

HEARTS OF LETTUCE SALAD — The chilled hearts of head lettuce, quartered, served with sliced grapefruit, with French dressing, makes a dainty salad much liked in the summer time.

HOLLAND SALAD—Wash a salt herring in lukewarm water, remove the skin, also the bones. By using a sharp knife the bones may be drawn out with a single stroke. Cut the fillet into inch strips and serve on lettuce leaves, sprinkled with chopped onions, pickles, capers and parsley. Pour French dressing over all.

CELERY AND APPLE SALAD—Clean the celery several hours before use, and chill it. Cut in either tiny cubes or like matchsticks. Allow three apples to two stalks of celery, and cut the apples the same. Make a mayonaise as usual, then add a spoonful or two of cream and a teaspoonful of sugar, also a dash of paprika. Serve on lettuce leaves.

SALAD LILLIAN RUSSELL — Take two firm heads of lettuce. Remove the outer leaves and chill thoroughly. Also place on ice two grapefruit, entire. Cut the lettuce into quarters or sixths, mixing with the sections of grapefruit from which every bit of the stringy pulp has been removed. Cut the sections in half. Mix with French dressing well flavored with freshly ground pepper.

TURKISH SALAD—Take a half cup each of the following ingredients, which should be in the refrigerator before being served in the salad: Half a cup of ripe olives, from the which the seeds have removed; cut in half or quarter, if the olives are large; half a cup of celery, cut fine; same of apples and same of bananas. Mix with mayonaise that has been slightly sweetened to taste. Serve on romaine lettuce leaves.

SALMON SALAD—Mince some cold boiled or baked salmon. Shred some celery, adding about the same quantity as of fish. Add French dressing and cover the bowl for half an hour or so. Cover the dish with mayonaise and garnish with tarragon leaves and quartered hard-boiled eggs.

BELGIAN POTATO SALAD—Mix some sliced cooked carrots with the potatoes, half and half, adding some minced shallot onions or other onion if the shallots are not to be procured. Add a spoonful of chopped chives to a pint of the salad. Mix with French dressing, then about the bowl may be arranged some jelly made of stock highly seasoned and then jellied, using calf's foot gelatine.

POTATO SALAD, HOT—Cook the potatoes slowly in salted water, or steam them. When done, drain, peeling them. Slice into bowl while still hot, pouring highly seasoned soup stock over them, enough to moisten well. Add French dressing made as usual, seasoned with freshly ground black pepper. Mince an onion or two shallots. Serve with veal, lamb or mutton.

POTATO AND HERRING SALAD—Cook as above, cutting into tiny squares. Mince some sour apples, allowing one apple to four potatoes. Also mince some sour pickles, allowing one to two potatoes. Bone some salted herring, cut into small dice, having first soaked your herring to remove the excess salt. Add a teaspoonful of minced onion and some pickled beets, minced well, mixing all with French dressing.

WATERCRESS AND APPLE SALAD—Clean the cress, wash and let it cool in the ice box. When ready to serve, mix the cress with thin slices of ap-

ple, or else mince the apple very coarsely. Add French dressing and serve at once. If allowed to stand, the oil quickly wilts the cress, making it look very unpalatable.

OKRA AND SWEET PEPPERS—Dip some tender sweet peppers in hot fat to remove the outer skin. Then cut the pepper into shreds. Cook some stringless okra in salt water, first removing the ends and tough parts. Mix the peppers with the okra, using about three times the amount of okra as you do of pepper. Season with a highly flavored mayonaise.

PEPPER SALAD—Take equal amount of red and green pimentos or sweet peppers. Parboil as above, or take the canned variety sold in the stores. Cut into strips like julienne potatoes. Mix with French dressing and serve with hearts of lettuce cut into eights. Very tasty, especially if the peppers and lettuce are thoroughly chilled in the ice box, as all salads should be to be in perfect condition.

SARDINE SALAD—If it is impossible to secure fresh fish for the meat course, sardines make a splendid substitute. A sardine salad may be made by mixing head lettuce and watercress, placing this in a cool place to make them crisp. Add chopped chervil, minced capers and minced hard-boiled eggs. Lay four boneless sardines on top, mince some olives to sprinkle over all, and serve with French dressing.

GORDON SALAD—Take a firm head of lettuce, remove outer leaves and then cut the head into quarters, taking care not to tear the leaves. To this add a cup of Swiss cheese, cut into thin, wafer-like pieces about an inch square, add two sliced boiled potatoes, a Bermuda onion sliced very thin. Take two table-

spoonsful of French dressing, mix with a minced hard-boiled egg and a spoonful of capers. Pour this over the above.

BEAN SALAD—Cook white wax beans in salt water until they are tender. Drain the water off. Add French dressing, hot, and tablespoonful of minced onion to every pint of beans. Serve as a hot salad. May also be served as a hot vegetable.

ALSATIAN SALAD—Take two quarts of thick sour milk, pouring into a cheesecloth bag, draining off the whey in the same manner as one extracts fruit juices for jellies. This takes about two hours. By that time the curds are soft, but not as hard as they are when the milk is scalded. It is a mistake to scald the milk. Mix this with a cup of sweet cream, salt to taste, and a spoonful of finely chopped chives. Serve with boiled potatoes.

VINAIGRETTE FOR ASPARAGUS, ARTICHOKES, ETC.—This is sufficient for six persons. Take a soupspoonful of chopped sour pickles, one of chopped capers, half an onion chopped fine, half of chopped parsley, one chopped hard-boiled egg, two pinches of salt and one of pepper. Mix with four soupspoonsful of white wine vinegar and three of olive oil. Serve in sauce boat.

OKRA AND SWEET PEPPERS—Dip some tender sweet peppers in hot fat to remove the outer skin. Then cut the pepper into shreds. Cook some stringless okra in salt water. Mix the peppers with the okras, using about three times the amount of okra that you do of pepper. Season with a highly flavored mayonaise.

RAW FINE HERBS—Wash and pick, removing the coarse parts, an equal amount of parsley, chevril, tarragon, fennel, chives, pimpernel; add twice the amount of finely minced onions or shallots and a bit of salt.

SALADE LOUISE—Cut celery, pineapple and pimentos in strips like shoestring potatoes. This may be done by using either a vegetable cutter or on a board. Mix, using equal amounts of celery and pineapple and a quarter of the amount of bright red pepper. Make a mayonaise, using lemon juice instead of vinegar in the preparation, adding just a hint of mustard also. Mix the ingredients with mayonaise and serve very cold.

MEATS, ENTREES, DINNER DISHES, ETC.

The Preparation of the Solid Foundation Part of Dinner

The success in roasting and stewing meats is based upon experience. Difference in size of meats, temperatures of ovens, etc., make it impossible to give a general rule covering length of time required to cook. The quality of the meat also determines this point, in a degree.

Wherever these processes are used in the following recipes, explicit direction is included. In pot, oven and pan meat dishes described under this heading, it has been my endeavor to eliminate recipes for common, everyday dishes, and confine my recipes to more valuable but less frequently used dishes in this country.

In this comment, I am following with some specific information concerning meat and fish cookery, which it will do every housewife good to read.

Inexpensive meats, if properly prepared, may be as nutritious and savory as more costly ones. This meat must be cooked slowly, if it is to be juicy and tender. Bouquet of herbs, with a carrot, a leek, onion and bay leaf, should be cooked with it. It is attention to details of this kind that make or mar a dish.

Basis for Roast Meat Gravies

When roasting meats, put in pan one sliced onion, one carrot, one bay leaf, one clove, small piece of celery and small piece of fresh or salt pigskin. Salt and pepper the roast, and place on top of aforementioned; add on the meat few thyme leaves and whole black peppers. Baste till done. Take out roast and add very

little stock or broth, and reduce, and serve separate, after being strained into sauce bowl. For flour gravy add a tablespoonful of flour before adding the stock.

No rule for starting stews can be given, as different stewed dishes require different methods of starting.

Always season the meat or fish, etc., with salt and pepper, when prepared, and dip in good olive oil before putting on the iron.

Only experience in roasting meats can determine time in oven. The cook must know the oven and its peculiarities as to steadiness, etc.; must know the quality of the meat and the preferences of those to be served, as well as the size or amount of the roast. Cooking roasts by rule will not usually turn out satisfactory.

For baking fish it requires a flat pan, well buttered. Place fish in pan, and, to different kinds of baking, follow individual recipes.

SPRING LAMB, IRISH STYLE—Get five pounds of lamb, half shoulder and half breast. Cut into two-inch squares. Put into iron pot with enough cold water to cover, and when boiled down, strain off the broth. Cool the meat in cold water. Put back into vessel with three quarts of cold water, a spoonful and a half of salt, a pinch of pepper, a piece of leek, some parsley, a little green celery, a bay leaf, a clove, a piece of garlic, tying these herbs together. Then add fifteen small potatoes size of pigeon eggs, eight small white onions, fifteen small French carrots; boil together until done, and then remove the herbs. Thicken the broth with flour and water, which you strain into the simmering broth. Add chopped parsley before serving.

ROLLED VEAL HUGUENIN — Get four thin slices of lean veal. Flatten out smoothly. Chop fine

two young green onions, two slices of bacon, and crush and chop fine half a clove of garlic. Add a little pepper. Spread this over the veal, roll up well and tie with a string, putting in saucepan with piece of butter the size of an egg. Simmer slowly for three-fourths of an hour. Baste well, keeping moist. Before serving, add salt and chopped parsley.

BAKED STEAK EN CASSEROLE—Take a juicy tenderloin steak, cut about two inches thick. Butter an Eastern casserole. Put the steak in this, adding four whole peeled tomatoes on top of the steak, two green peppers, a piece of butter the size of an egg, two tablespoonsful of tomato catsup, one tablespoonful of Worcestershire sauce, keeping in hot oven until done, the time depending on how the steak is to be served. To have the steak rare takes about twenty minutes. By this time the tomatoes will be thoroughly heated through and done enough to be very tasty, still retaining their shape firmly. If it is desired to have the steak very rare, it would be well to cook the peppers a bit in butter before adding to the steak, as they should be done enough to be soft.

SQUAB ON TOAST—Secure the smallest, tenderest birds. Split, serving half, as this is enough for a bite, this not being intended for a full meal. Broil, then cover with melted butter, put on a piece of toast, serve on watercress, with seasoning. Have the plates warmed.

SCALLOPED TURKEY OR FOWL—In using the left over bits of a baked fowl a baked scalloped turkey is very good. Butter your porcelain baking dish. Into the bottom place a layer of the crumbs. Moisten with milk. Add a layer of the meat, cut fine, but not ground. Then a layer of the stuffing, and so

on. When full, add the left over gravy, and make a covering with one egg, mixed with crumbs and a spoonful of melted butter. Set in oven to bake. Cover with a plate, and bake for half an hour, and just before serving remove the plate and allow the top to acquire color.

BRAINS WITH BLACK SAUCE—To prepare calf's brains, cook in salted water with a soup bouquet, which, as previously stated, consists of an onion, a carrot, a leek, a bay leaf, a clove and, if desired, a clove of garlic. When cooked, drain and chop them, arranging on a hot platter. Now take a piece of butter the size of two eggs and brown it in the saute pan. This is called "hazelnut butter." When browned, remove from fire, and let it settle for a few seconds. Then pour this browned oil over the brains. If desired, a dash of Worcestershire sauce may be added to this browned butter before it is poured over the brains.

CHAUTEAUBRIAND STEAK — The name is given to the round piece of beef in the middle of a tenderloin—in other words, the tenderest part of the meat. Flatten this tenderloin until it is a little over an inch thick, and broil over charcoal. Serve on a hot dish with plenty of melted butter.

BOILED BEEF WITH VEGETABLES — The meat should be juicy, well flavored and tender as can be. The brisket, the cross ribs and the rump are the best portions for boiling. The wide ribs at the end of a rib roast are very good. Tie the beef with strings and plunge it into boiling water; clear from scum, add salt and garnish with carrots, onions, turnips, celery and savory cabbage, all of these well cleaned and washed. The cabbage may be tied with a string. A good system is to put all the vegetables into a net; in

this manner they can all be withdrawn at once. Allow the meat to simmer gently on the side of the range—by no means let it bubble away. When done, cut in neat slices (not too thin), garnish with the vegetables neatly arranged around the beef, and serve separately either cream horseradish, piquant, tomato or picalilly sauce. Over the beef pour a little of its own broth, and sprinkle over some freshly chopped parsley.

TENDERLOIN VAUDEVILLE STYLE — Broil small tenderloins. Put on a hot platter, putting a neatly poached egg on one side and a stuffed baked tomato on the other, covering all with Madeira sauce. This is a favorite supper dish.

SAUSAGE AND FRIED APPLES — Fry the sausages as usual. Put a cup of water in the pan, leave uncovered, frying until brown. With this gravy make a thickened brown pan gravy as usual. Cut a juicy apple in six pieces, roll in flour and fry in swimming fat. Garnish the sausages with this.

HASSENPFEFFER—Cut the hare into small parts and lard it with narrow strips of salt pork. Sprinkle liberally with freshly ground black pepper. Put in a crockery dish and cover with three bay leaves, a big bunch of parsley, two minced shallots, a large onion, sliced, three or four cloves and a bit of thyme. Pour over it enough white California wine to cover. Leave stand for twenty-four hours, turning over three times meanwhile. This is called marinating the rabbit. It is a spiced pickle often used to prepare meats abroad. The rabbit should not be washed any more than absolutely necessary, as the idea is to retain the blood to flavor the sauce. Then take the rabbit out of the pickle. In an iron pot melt two big spoonsful of butter and add half a dozen small white onions and a

spoonful of flour. When brown, add the pickled rabbit and let it acquire a brownish color, simmering not too fast. Heat the pickle or wine on the side, and when the rabbit is slightly browned add the wine and the spices, tieing the latter in a bunch, so they are easily removed when the meat is done. Cook rapidly for fifteen minutes, then simmer slowly. It should be juicy and very tender. Add salt and the juice of half a lemon last of all. The blood is added just before the gravy is served. Arrange the little onions around the meat and pour the gravy over it. If necessary, thicken it slightly at the last with a little flour.

BROILED DUCK—Split the duck down the middle of the back, salt and pepper and broil over charcoal. Serve lime cut in half, sprinkled with paprika, to be squeezed over the breast. Serve currant jelly also.

BREAST OF MALLARD A L'ORANGE—Remove the breast from a mallard duck. Put into frying pan with a large piece of butter and saute for five minutes. Then remove to red hot platter and pour port wine sauce, warm, over it, garnishing the platter with small cubes from peeled oranges. Season.

STUFFED DUCK—Many persons like wild duck stuffed. It must be stuffed lightly, so that the heat may penetrate easily, and should be stuffed with mildly flavored ingredients. Many like it filled with small California oysters. Salt and pepper, add a bit of butter and fill the bird, roasting rare. A wild duck is ruined if roasted until the juices are dried up. Another much liked way of stuffing is to chop tender white celery very fine. Saute for a few minutes in simmering butter. Remove and add an equal amount of oysters. Fill the bird. Roast it ten minutes for a large

teal, fifteen for a mallard or sprig, the time depending on the size. Others like the bird stuffed with pickled shrimps.

HASHED LAMB, CREOLE—Remove the fat and skin from cold lamb and chop it fine. Heat in a double boiler. Boiling meat that has been cooked once toughens it. Heat with a little of its own gravy or in stock or butter and a bit of hot water. Fry three quartered tomatoes and two green peppers, minced fine. Add these to the hot lamb, seasoning well. Make a bed of rice on a dish, and pile the hash on top, adding a bit of butter. Set in oven for a few minutes to dry the rice.

TRIPE A LA MODE CAEN—Procure five pounds of raw tripe, wash well and cut into strips less than an inch long. Chop up two calf's feet. Into the bottom of an earthen dish put a quarter-pound of suet, add two sliced onions, then the calf's feet, then the tripe, salt, pepper, a pint of apple cider, a pint of white wine and enough water to cover. Add also a large soup bouquet, seeing that the herbs are fresh, as also the spices. Make a thick paste of flour and water to cover it to prevent escape of steam. Cover well, and bake for eighteen hours or twelve hours simmering on back of stove. It should be gelatinous, with just enough gravy left to serve. Before serving, add a glass of cognac and serve very hot.

CALF'S HEAD VINAIGRETTE—Boil a calf's head with plenty of herbs and spices, salt and add a little white wine, boiling until very tender. It must cook very slowly. Cut into small pieces, putting on platter with capers, pickled beets, quartered lemon and parsley, and serve a vinaigrette sauce separately.

SWEETBREAD EN FRICANDEAU — First soak the sweetbreads in warm water for twenty minutes, to extract the blood. Remove the gristle and skin. Parboil for a few minutes, then cool. Lard with thin strips of salt pork. Put a liberal quantity of butter in a pan, heat and put the meat in this, browning for fifteen minutes. Garnish with any desired puree. Sweetbreads should always be parboiled. Old storage sweetbreads are dry and light colored. It should be moist and dark colored. It can be treated the same as liver, cooked en casserole with herbs or in any variety of ways.

BEEF A LA MODE—Have a juicy piece of top sirloin cut for this purpose, and have it larded with salt pork. Brown in an iron pot, using butter and bacon mixed. When the meat is brown, add a soup bouquet, two cloves of garlic and a large onion, whole, adding also a calf's foot, split in several pieces. This makes the gravy gelatinous. Add enough water to cover, then set on the back of the stove, simmering at the boiling point, but do not allow to bubble, as that extracts all the juice, making the meat dry and unpalatable. It should be soft and full of juice. About half an hour before it is done, add some small carrots. Some persons add potatoes, but beef a la mode, according to the French style, has no potatoes, these being cooked on the side. Before serving, add a pony of whisky. It is just as good cold, sliced, with the gravy jellied, served on the platter. The gravy should be strained, eliminating the onions and any spices that may be floating loose.

BEEF TONGUE, SAUCE PIQUANTE — Wash the tongue and steep it, cooking slowly, until the skin is easily drawn off. Remove the gristle and fat,

also the skin, adding a good soup bouquet, two cloves of garlic, a cup of wine vinegar or half a cup of white wine at the beginning. Some like to lard the tongue. In that case, cut strips of salt fat pork and interlard the tongue with these strips.

KIDNEY SAUTE—Lamb kidneys are the best. Most people ruin kidneys by boiling them until tough. Cut kidneys in half, removing the gristle. Parboil for a minute in salt water. Let stand in hot water for three minutes. Strain and dry. Now put butter the size of an egg into a saucepan. Throw the kidneys into this, tossing about for five minutes over a brisk fire. Add a spoonful of flour, stirring well. Heat a glass of white wine in another pan, adding salt and pepper. Throw over the kidneys, and sprinkle with parsley.

ROAST BEEF MARSEILLAISE—Have the ribs of a two-rib roast removed and dressed up so as to retain the juices. Many persons prefer the bones left on, and while it is harder to cut this way, it makes a juicier bite. Put half a cup of olive oil into a pan and heat it. Then add the meat, well salted and peppered, cooking either rare or well done, as preferred. The French way is well done, but that goes according to taste. Make a sauce as follows: Mince three onions and color in oil, simmering until tender. When slightly brown, add two tablespoonsful of vinegar, a teaspoonful of mustard, salt and pepper and half a pint of well flavored stock of bouillon. Boil for three minutes.

SWEETBREAD PRINCESS—Braise the sweetbread as directed for all of the various ways for serving sweetbread. Serve on artichoke bottoms. Garnish with chicken livers and cauliflower. Pour sauce bernaise over all.

WILD PIGEON BAKED—Cut the fowl in two and fry in butter slowly until three-quarters done. Drain off the butter, then add seasoned stock, which you thicken with the yolks of two eggs, taking care not to boil this, as it is apt to curdle the sauce. Cover the fowl well with this, besprinkle with bread crumbs and fresh butter, and place in oven to brown, basting frequently with additional sauce.

STUFFED TURKEY, LADA—Make an ordinary bread stuffing by tearing to bits the heart of a loaf of white bread, which should be liberally moistened with butter, adding it melted. To a loaf of bread, add a cup of seedless raisins and half a cup of salted peeled almonds. Fill the turkey with this and sew it up. Take care not to make your dressing too wet, as this makes an untidy looking dressing. The best way is to use only melted butter in moistening the bread, filling rather dry. By basting frequently, the moisture penetrates, making your dressing light and flaky, as it should be. Serve with celery Victor and strained cranberry sauce.

CHICKEN EN COCOTTE INVOIRE — Take young fowl and put into a pot with a quarter-pound of butter and a whole onion. Fry until the chicken is a nice light brown. Remove the onion. This takes about ten minutes. Add twelve fresh or canned mushrooms and half a pint of cream sauce. Cover and let simmer slowly for half an hour.

BARON OF LAMB, MOUNT SULLY—A baron of lamb is prepared by cutting the tenderloin from a lamb. It is the same as a filet from beef. This is cut into pieces about two inches thick. It is the choicest bit of the lamb. The baron may be either broiled or fried, but should not be done very much, as that makes

it dry. It should be left slightly rare, to preserve the juices. Having broiled the meat, take some fresh artichoke bottoms, filling them with beef marrow that has been boiled in salt water. Put the meat on top of this. Cover all with hot madeira sauce. On the side of the platter put some julienne potatoes.

SWEETBREADS MONARCH—Prepare the same as above, but to the sauce add some sliced truffles, sliced olives, sliced mushrooms and a few chicken livers that have been sauted in butter. Allow sufficient of these ingredients to make a thick sauce. This makes a delicious luncheon entree, or may be served as the principal dish.

SWEETBREADS ANCIENNE—To the above add small croustade, serving the sauce about the sweetbreads. The same may also be served in a pate, filling the shells with this preparation.

SWEETBREADS DIVA—Braise the sweetbreads, then add as a garnishing, arranging nicely on the platter, some chicken dumplings and small round chicken croquettes, with fine strips of sweet red pepper, serving a supreme sauce separately.

SWEETBREAD BRAISE HENRY FOURTH—Braise the sweetbreads as above, then put on platter with julienne potatoes, then pour some bernaise sauce over it and place some triangles of truffles on top.

SWEETBREADS BRAISE CLAMART—On the platter on which you desire to serve the sweetbreads put some fresh peas, taking care to cook them to retain the green color. This is done by adding a few grains of baking soda to the water in which the peas are cooked. Only experience can teach one how much

to use, for if you use too much the peas become insipid, losing their fine flavor. Experiment by using just the tiniest bit—about as much as would make a pea—to a quart of peas. Arrange your sweetbreads on the peas, then strain the brown sauce over the peas and sweetbreads.

SWEETBREADS BRAISE MARIGNY — For every person to be served allow an artichoke bottom, fill with peas, then place the braised sweetbread over this and strain the gravy in which the sweetbread has been braised over all.

BRAISED SWEETBREADS—Parboil the sweetbreads in salt water, then cool off in cold water; then, after all the blood is withdrawn, cook them with a large soup bouquet—a sliced carrot, an onion, a bay leaf, a clove, some black pepper berries and two ounces of butter, simmering slowly for half an hour with a little water. Cook in the oven. To this gravy add a cup of brown sauce and strain it over the sweetbreads. The breads may be larded if this is desired, by stringing with strips of salt pork.

BONELESS SQUAB—If you are not familiar with the process of boning a bird you had best let the butcher do this for you. Any expert can do the job neatly and quickly. Having boned it, salt and pepper it, and fill with seedless white grapes, roll together and put into saute pan with plenty of butter, enough to make a juicy gravy. Cover tightly and simmer slowly in its own gravy until tender. Young duckling may be served the same way, only leave the bones in it, filling with grapes the same way.

ROLLED VEAL HUGUENIN—Have the veal cut in thin slices, well flattened. Mince two onions, three thin slices of bacon, and crush a clove of garlic, mix-

ing well with all. Add paprika and salt, and lay a layer of this over a slice of veal and roll it together, then tie, rolling a piece of bacon about the veal and put into a saute pan with a piece of butter, simmering for three-quarters of an hour, basting it frequently. Add salt when cooked, and sprinkle with parsley. It may be baked similarly. Dust with flour, and simmer in the oven, adding butter. Cover with lid.

SQUAB EN CASSEROLE—Squab, or a small bird of any kind, is very good cooked in a casserole. Have the bird cleaned, then dust ever so lightly with flour and put into the casserole with a piece of butter the size of an egg. Cook for twenty minutes, then add one small tender onion, cut fine, three or four mushrooms and a little chopped celery, which has been parboiled in salted water. Let this bake together for ten minutes. Then add half a cup of strained brown gravy and two spoonsful of sherry. Let simmer for ten minutes or so, until the bird is tender. The amount of baking depends entirely on the age of the bird. It should be very tender when done. Place a napkin neatly about your baking dish and serve hot.

FILET MIGNON DEMIDOFF—Saute the filet in butter, garnishing with asparagus tips. Then add to half a pint of madeira sauce a dozen olives, cut into quarters if desired, and a dozen cooked mushrooms. Pour this over all.

FILET MIGNON TRIANON — The same as above. Pour sauce bernaise on top, one head of mushroom, three slices of truffles cut in triangular shape, pour sauce madeira around it, and garnish with potato julienne.

FILET MIGNON ROSSINI—Fry the filet in hot butter on each side for about five minutes. Put on

the platter. At the same time fry either a goose liver or a duck liver. If they are not to be had, take a piece of pate de foi gras, put on top of the filet and on top of that a head of fresh mushroom that has been cooked in butter. Garnish with a slice of truffle and pour sauce madeira over all.

SWEETBREADS BRAISED MARIE LOUISE—Soak the sweetbreads in cold water for no less than three hours, changing the water two or three times. This draws all the blood from the sweetbreads. Then put into large pot with plenty of cold water. Let the water come to a boil. Then drench the sweetbreads in cold water to cool off. In a saucepan put a sliced carrot, a sliced onion, a bay leaf, a clove, parsley in branches, a piece of the rind of salt pork, butter the size of half an egg and one cup of stock or broth of any kind. On this place the sweetbread. Put in oven half an hour, basting frequently. The sweetbreads should turn an even yellow. Now have some artichoke bottoms, cutting each in half. On it is placed the sweetbread. With a cup of cream sauce mix the juice in which the sweetbreads have been baked, adding also a sherry glass of dry sherry. Pour this over the sweetbreads, sprinkle with chopped parsley and return to oven for two minutes.

TRIPE AND OYSTERS IN CREAM—Take the desired quantity of tripe, say two pounds for four persons. Cut into narrow strips. Boil for fifteen minutes. Drain. Add two dozen oysters. Pour a pint of cream over all, boiling for five minutes. Add salt, pepper and chopped parsley. Drain off the oysters before putting with the tripe.

EAST INDIAN CHICKEN—Into a saucepan put butter the size of an egg, a small chopped onion and

half of a tart apple chopped fine. Brown an even yellow. Add a tablespoonsful of grated cocoanut, a quarter-teaspoonful of English mustard, a heaping teaspoonful of flour and a tablespoonful of curry powder, stirring together until all is thoroughly mixed; then add half a pint of chicken broth, boiling until creamy. Then add the boiled meat from one fowl, having first torn it into shreds. Do not put any of the skin or bones into this. Boil for a few minutes, adding half a cup of sweet cream. Season with salt. Serve with boiled rice. The proper way is to sprinkle this with Bombay duck, which is a dried fish of peculiar flavor. It comes in tins. The fish should be dried in an oven so it can be easily crumbled.

STEWED KIDNEYS—Take two veal kidneys, allowing this proportion to two persons. Slice into thin slices, about the thickness of a quarter of a dollar. Put into pan with butter the size of an egg, and when hot add the kidneys. Fry over quick fire for just a minute and a half. Remove kidneys, putting into deep dish that has been heated. Chop a quarter of an onion and fry in the butter in which the kidneys had been fried. Add one and a half soupspoonsful of flour. Mix well. Add two cups of stock, or hot water may be substituted, boiling for ten minutes. Add soupspoon-

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ful of vinegar, some chopped parsley, salt and pepper and pour boiling over kidneys. Do not let the kidneys boil, as that would toughen them.

SQUAB MICHELS—Salt and pepper two large squabs, both inside and out. Put a raw onion into an iron pot, simmer with three ounces of butter. Brown the squabs with this. When an even yellow, cover with a lid and put into oven, baking in moderate heat for an hour. Add no water or stock, as the juice from the birds and the onion should form enough gravy. Serve in the casserole in which it was baked.

ENGLISH MUTTON CHOPS IN CASSEROLE—Into the earthenware casserole put a piece of butter the size of an egg. When it is hot, put an English chop into the pan, fry on one side until it is brown, turn and fry the same on the other side. For a thick chop this takes about ten minutes on each side. When done pour off the fat and put on each side of the chop a lamb's kidney, stewed, and a few saute potatoes. Chops are to be sprinkled with finely chopped parsley all over.

CHICKEN MARYLAND—Take a young chicken, cut it up at the joints. Dip in milk and flour, then in egg and the dust of cracker crumbs sifted, having first salted the chicken. Fry in saute pan with plenty of butter, turning over when one side is browned. Cover with a lid during the last five or ten minutes of the frying process, this making the meat juicier. It takes about twenty minutes to brown a young chicken. Heat some cream sauce, pouring plenty of it on the platter in which the chicken is to be served. Place chicken on top of this. Serve with corn fritters, potato croquettes and broiled strips of bacon, the latter placed on top of the chicken. Some cooks make the cream

sauce out of the butter in which the chicken is fried. For one small chicken use a piece of butter about the size of an egg, adding a little more when the chicken is turned. When the chicken is taken from the pan add a heaping spoonful of flour, stir well into the butter. Then add a cup of milk and cream, half and half, seasoning with salt and pepper. Boil for five minutes. Pour into pan in which chicken is to be served.

RAGOUT A LA DEUTSCH—Cut half a pound of tenderloin in pieces about the size and thickness of half a dollar. Cut six lamb kidneys similarly. Put two ounces of butter into a saute pan, adding three green sweet peppers cut into shoe strings. Add the meat, frying for three minutes. Sprinkle with a soupspoonful of flour, mixing well. Add half a cup of boiling stock, salt and pepper. At the same time have frying in another pan two potatoes, sliced, and fried raw. When done, mix. Serve in covered dish.

CHICKEN CROQUETTES—Take a soup hen, boiling in water until tender. Start in hot water and simmer slowly. When tender, cool and cut into dices. Also dice a can of mushrooms and mince a truffle. Into a saute pan put a quarter pound of butter and two spoonsful of flour. Heat, adding a pint of the chicken broth, then add the chopped chicken meat. Simmer for about half an hour. Thicken with the yolks of two eggs mixed with half a cup of cream, seasoning with salt and pepper. When cool, make this into croquette shapes. Dip in beaten eggs, then in bread crumbs. Fry in simmering lard. Serve with cream or madeira sauce.

BAKED GOOSE—Having prepared the bird for roasting, take a large onion, mince fine and put into saucepan with two ounces of butter. Simmer onion

until slightly yellow, then add the minced goose liver and fry two minutes. Meanwhile have a half loaf of white bread soaking in milk, saturating it well, which takes about two minutes. Squeeze out the milk, add to the onion and liver, season with salt and pepper, add a little nutmeg, a sprinkling of chopped parsley, one raw egg and mix. Fill the goose with this and roast in a covered roasting pan for at least an hour and three-fourths. Serve with apple sauce.

RAGOUT MELEE—Slice a pound of sweetbreads which have been parboiled, also slice half a dozen chicken livers, six chicken hearts, six heads of fresh mushrooms, slicing a quarter of an inch thick. Put a quarter pound of butter into a saute pan, adding the above and simmering for ten minutes. Salt and pepper, then add six chopped shallots, heating for one minute. Add a cup of sauce Madeira and some chopped parsley. If the flavor is liked add a little chopped garlic at the time the shallot onions are added.

ENGLISH BAKED CHICKEN—Joint a tender fowl. Make a thin paste of a third of a cup of butter creamed with half a cup of flour, with which you coat every piece of the fowl, having added a little salt. Place in a baking dish, preferably a porcelain-lined one. Tin baking dishes are very unsatisfactory and should never be used, as they are too thin. After baking the fowl for ten minutes, add enough boiling, salted water to cover the bottom of the pan. Cover again and cook until tender. Take from oven and serve at once. Most chicken is overcooked, making it dry and tough. It should be juicy and tender. Make a gravy with the juices left in the bottom, using the broth in which you have cooked the neck, feet and back. Thicken, adding more seasoning, if necessary. Serve with small hot baking powder biscuits.

WARMED-OVER TURKEY—Cook a cup of rice in soup stock with a fresh bouquet, a bit of garlic and a bay leaf, letting it cook until the juice is quite absorbed. It is safest to cook in double boiler, keeping well covered. Lay the thin slices of turkey on this and heat. Serve with sprinklings of parsley.

CHICKEN SAUTE GOURMET—Quarter a spring chicken and put into saute pan with two ounces of butter, salt and pepper when brown on both sides. Add a pony of sherry wine and two heads of fresh mushrooms, one cup of brown sauce and simmer for half an hour. Before serving add chopped chervil and parsley and garnish the platter with pate de foie gras on small pieces of toast.

TRIPE LYONAISE—Into a large frying pan put three ounces of butter to which add three onions sliced very fine, frying an even brown. Slice two pounds of cooked tripe that has been sliced very fine, salt and pepper and fry for ten minutes. Shape together like an omelette. Drain off the butter. Serve on a large platter with white wine vinegar and parsley, chopped fine, on the side.

TRIPE BELLE MERE—Take a leak and two onions chopped fine, putting into deep sauce pan with a quarter pound of butter, simmering until done. Add half a cup of flour mixing well. Add a pint of water and a half-pint of white wine vinegar, a tablespoonful of chopped chives, same of parsley, a bay leaf, a clove and three pounds of cooked tripe, sliced in strips. Cover and bake in an oven for two hours.

TRIPE BLANCHARD—Prepare same as above. When the tripe is put into the thickened sauce, add a pound of small round potatoes—potatoes parisian—and

bake all two hours. The vinegar preserves the potatoes whole, for otherwise baking potatoes two hours would result in a pasty mass.

PICKLED TONGUES AND SOUNDS—Boil them in water, with a soup bouquet, so they are nicely flavored. Put on platter, with salt and pepper, then take two big tongues and sounds. In this same pan put three tablespoonsful of vinegar, heat, and pour over all, adding chopped parsley and two spoonsful of chopped capers.

ROAST VEAL—Veal should never be used when it is too young. In some countries there is a law regulating this and no butcher who knows his business ever uses veal when it is so young that it may be mistaken for mutton. It should be cooked slowly and thoroughly, as all white meat should be. The best cut for roasting is that around the kidneys. Remove the fat about the kidneys, melt it and keep for other uses. Sprinkle with salt and pepper and cover with a little butter, adding butter to the kettle or casserole. Brown the meat. Add two cloves, a bay leaf, three or four shallot onions, a carrot cut up and brown this, cooking in the oven in a covered dish for at least three hours to four pounds of meat. Strain the gravy over the meat, removing the herbs. Serve with spinach.

QUAIL FORESTIERE—Smother in a covered saute pan with plenty of butter for fifteen minutes, by which time the bird has acquired a nice brown color. Add six fresh mushrooms to every bird. In a separate dish make some brown sauce by browning a spoonful of flour to one of butter, add broth or hot water flavored with meat extract, the latter furnishing a substitute at any time when stock is called for. Make the brown sauce of even consistency. Put the bird into a buttered

porcelain baking dish, cover with brown sauce, add the mushrooms and bake in oven for ten minutes. Have it well seasoned with salt and pepper.

CHICKEN DE CASSEROLE, BOURGEOISE—Take a young fowl, leaving it whole. Put into earthen baking dish or casserole, adding six or eight small onions, same of carrots, add salt and a good lump of butter and bake for thirty minutes, keeping covered tight. Then place on top of stove to brown, adding a pint of white wine and garnishing with peas, beans and any other garden vegetable you may desire to serve with it.

SQUAB EN CRAPADINE—Take a sharp knife and cut the squab in the middle at the base of the breast bone, turning this portion forward and flattening out. With one turn slice away the breast bone. Turn the legs backward over the back, giving the bird the appearance of a frog—hence the name. Broil or bake. A bird cut this way looks very large and is easily carved and is a very nice way to serve. Serve on toast, with Colbert sauce.

GOULASH OF COLD PORK—Mince an onion or two in bacon fat until golden brown. Add two cups of cold pork that is diced, tossing in this until covered. Add a teaspoonful of paprika, a spoonful of flour and a cup of rich stock or a cup of milk and water mixed. Cook for five minutes, then add two minced raw potatoes, cooking for fifteen minutes. This is a nice way to utilize cold left over pork.

SALMIS OF DUCK—Prepare a duck as for roasting or broiling. When done to a rare turn, remove from the fire and cut the bird into six pieces, the breast in four and the legs, usually tough and

fibrous, into two. Keep hot in a double boiler, using the blood and juices. Cover with lid and do not heat too much. Take the rest of the bird and put into a saucepan with some red wine, a shallot or two and a pinch of pepper and mignonette. Cover tightly and simmer slowly for an hour or until the wine is reduced to half. Strain into another saute dish and add a pint of Espagnole sauce—see directions above—and simmer slowly again, adding some sweet olive oil or sweet butter and the juice of a lemon. Put this sauce over the cut up meat as directed above, which by this time is very tender, garnish with croutons and minced celery parboiled in stock, adding some Madeira just before serving.

CURRIED LAMB, EAST INDIAN STYLE—Parboil the lamb for five minutes, discarding this water. Then add fresh hot water with plenty of soup bouquet. In making a clear sauce always parboil the meat, as the blood is then withdrawn which otherwise gives a broth a muddy, grayish look. Use either shoulder or breast, cutting in small pieces. Cook until tender, simmering slowly. Put two big spoonsful of butter and flour into a saute pan and a spoonful of curry powder. Mix well. Add a quart of the broth in which the lamb was cooked. Simmer until even and creamy. Meanwhile fry six sliced apples in butter and when tender add these to the gravy, also a teaspoonful of Worcestershire, salt if necessary and paprika. Strain over the lamb, which should be in a deep dish.

QUAIL NOVARA—Chicken, pigeon or any fowl may be similarly prepared. Boil some rice until well done. Add melted butter, salt and paprika and to every cup of rice add two big spoonsful of shrimp, filling the bird with this. Cover with strips of fat salt pork, salt and pepper and roast in the oven, basting frequently.

PIGEON POT PIE, ENGLISH STYLE—Prepare the bird for baking. Put into porcelain-lined dish two spoonsful of butter, salt and pepper and two spoonsful of broth. Cover closely and bake for an hour and a half. Then parboil Parisian potatoes for three minutes in salt water, then add to the pigeon, laying around it. Also add some glaced onions, some tiny cubes of salt pork, first cooked then fried to acquire color, add a little parsley. Add thickened stock enough to make as much gravy as you desire, a little dash of Worcestershire, salt and cayenne. Pour into potpie baking dish and cover with a pastry lid and set in oven to bake. By the time the pastry is done the potatoes will also be done.

NAVARIN OF LAMB—Take three pounds of shoulder of lamb, cut into small pieces. Brown in a stew pan with plenty of butter, salt and pepper, and when colored all over, drain off about half of the butter, add half a cup of flour, brown again and then add two quarts of boiling water. Add six or so small onions whole, which have been browned in the butter drawn from the lamb. Also add twelve small carrots, twelve potatoes cut the same size as the carrots, one tomato, chopped fine, some parsley, a stalk of leek, tying with this a clove of garlic, some thyme and a clove. Simmer for two and a half hours slowly on the back of the stove. Remove the bouquet of herbs. Add some fresh peas, boiled, or half a can of French peas. Serve on a deep dish. Garnish with chopped parsley.

HUNGARIAN BEEF GOULASH — Get two pounds of flank steak, cut into inch squares. Cut one pound of potatoes similarly. Take an onion chopped fine and put into stewpan with about one-fourth pound of butter, simmering onion until cooked, then add the beef and the potato, some salt and paprika, one glass

of water and one can of pimentos, cutting the peppers into small pieces. Cover the vessel, simmering slowly for two hours and a half, by which time the meat should be tender. The potatoes will be melted, thickening the gravy. Just before serving, add chopped parsley.

POT ROAST—Get five pounds of rump steak, salt and pepper well, and put into iron pot with a carrot, an onion, one bay leaf, one clove of garlic, some parsley and one-fourth pound of butter. Keep covered, simmering until the meat is a nice, even brown all over. Then put into a moderate oven, adding a glass of white wine and half a cup of soup broth boiling hot, so as not to arrest the process of cooking. Bake in oven for not less than three hours, cooking slowly, basting frequently, and seeing to it that plenty of juice is about the meat. About twenty minutes before serving, add small peeled potatoes, browning in this juice.

SAUSAGE GASTRONOME—Fry small club sausages as usual. Into a buttered shirred egg dish place a spoonful of mashed potatoes, then the sausage, then a sprinkling of grated Parmesan cheese. Cover with Italian sauce. Bake in oven for five minutes.

LAMB TENDERLOIN VIRGINIAN—Have the tenderloin cut about two inches thick. Broil as usual. Also broil some boiled tenderloin of Virginia ham. Place the ham on a piece of toast the same size, then on this place the lamb. Put peas on one side and rissole potatoes on the other, covering all with Colbert sauce.

BOILED LEG OF LAMB, ENGLISH STYLE—Take a good-sized leg of lamb and have it placed in the brine at the butcher's shop, corning it for four

days. Parboil, then boil slowly for about an hour, or until quite tender. About half an hour before serving, add string beans, carrots cut in long strings like Julienne potatoes, and boil some small potatoes separately, to keep them from falling to pieces. Many like this, preferring it to the usual roast leg of lamb. It is very good served cold, sliced in thin slices.

SWEETBREADS MONZA—Having parboiled the sweetbreads, rinse in cold water, then slice into pieces a quarter of an inch thick, of the size of half a dollar. Put into saute pan with two ounces of butter, salt and pepper, and simmer for five minutes. At the same time, take another saute pan into which put two ounces of butter with a dozen fresh mushrooms which have been sliced thin, and after simmering in the butter for ten minutes, drain this butter, which is too brown to use, and add the drained mushrooms to the sweetbreads. Add half a pint of cream. Let come to boiling point. Mix two yolks with a cup of cream and add this, letting it heat until creamy, but do not boil.

CORN BEEF AND CABBAGE—Fill iron kettle with enough hot water to cover the meat. Parboil the meat. Skim frequently, then remove the meat, throw away the water and cool the meat. Take fresh hot water and start boiling slowly for about an hour and a half or more, depending upon the tenderness of the meat. Cut a head of cabbage in quarters, boiling separately for half an hour. If the cabbage is started with the meat, it impregnates it too strongly with the cabbage flavor. When the cabbage is about cooked, put into the broth with the kettle of meat, adding also an onion and a carrot. Boil for half an hour. Then add potatoes, peeled, and boil for thirty minutes. Serve with freshly ground black pepper and English mustard.

SWEETBREAD CROQUETTE — Parboil the sweetbread, having seasoned and prepared it as suggested in this department. Chop fine, mix with sufficient white sauce to moisten well, and form into croquette shapes. Roll in egg, then in bread crumbs, sifted, and fry the same as chicken croquettes.

SWEETBREAD EUGENIE—Take a shirred egg dish and butter liberally. Put in the bottom a piece of buttered toast, then some braised sweetbread that was first parboiled. (To braise sweetbreads, parboil in plenty of water, cool in cold water; braise by reheating with herbs, minced shallot, etc., with a small quantity of water and butter.) Put this on the toast. Add two fresh mushrooms that have been hollowed out. Season with salt, pepper, nutmeg, minced parsley. Cover with glass mushroom cover. Bake in a slow oven for twenty-five minutes.

LOIN OF PORK, BAKER'S OVEN STYLE—For a large family, take eight pounds of pork ribs. Salt, pepper, rub with a piece of garlic thoroughly. Put into stoneware pot. Take six large potatoes, cut into lengthwise strips one inch square. Slice three onions. Take three pints of water, pour around the meat, adding the above and also a bay leaf and two cloves. Your baker will bake it for you in a brick oven, and it will be a dish quite different from the usual roasted pork. If this is impossible, put in your own oven, baking for not less than four hours in a slow, even fire. However, it is preferable to bake it in a brick oven.

CHICKEN WITH MUSHROOMS — Take three good sized fresh mushrooms, slice and fry in a blazer with plenty of butter for a few minutes. When browning, add a tablespoonful of flour, moisten with a cup

of chicken stock and half a cup of cream, and boil until a smooth, creamy sauce. Moisten the flour with only a small portion of the stock, otherwise it is apt to be lumpy. Add half a fowl that has been boiled until tender, cutting the meat from the bones. Simmer for a few minutes. Mix the yolk of an egg with two spoonsful of cream, add to the sauce. Just before removing from the fire, add a sherry glass of dry sherry. Season to taste, and serve at once.

FRICASSEE OF VEAL—For a family of five get about four pounds of veal, half breast and half shoulder. Cut into two-inch squares. Put into kettle with a quart and a half of water. Let come to a boil. Strain, and let the meat cool off in the same amount of cold water. Into this put an onion in which you stick one clove and bouquet. Remove the bouquet. Now make a sauce with this broth. First take two ounces of butter and about the same of flour, stirring in saucepan until melted and heated together. Then add three-fourths of the veal broth. Boil for twenty-five minutes. Remove from fire. Thicken with yolks of two eggs, adding slowly to this cream sauce. Strain this sauce over the veal into a deep dish. Sprinkle with chopped parsley on top.

HOWTOWDIE WI' DRAPPIT EGGS—Prepare young chicken as for baking, make a force-meat of equal proportions of country sausage and bread crumbs, sprinkling with a bit of sage and a hint of thyme. Into an iron pot place a quarter-pound of butter. Put your stuffed hen into this, turning it around and frying rather rapidly until it is a nice brown all over. Then place in casserole or keep in the pot if you have no casserole, and add two cups of boiling soup stock, a minced onion or shallot and about three or four leaves of fresh mint, chopped fine. Cover the pot

and place in an oven, simmering for about an hour and a half, when the meat should be very tender. Place on a deep platter, pouring the gravy about the chicken. Place poached eggs around the chicken, and over them lay thin strips of boiled ham.

BAKED PORTERHOUSE — Have steak thick. Put into Dutch oven with two ounces of butter, salt and pepper, and on top of the steak put three whole peeled tomatoes, one green pepper, two tablespoonsful of Worcestershire sauce, same of mushrooms or tomato catsup, a little chopped parsley, and keep in the iron pot, basting frequently.

SADDLE OF LAMB, QUATRE SAISON—Dust with salt, pepper and the least bit of flour. Bake in the oven slowly for an hour and a half. Half an hour before it is done, add small potatoes, small carrots, and on the side cook some tender green string beans and some greens or spinach. These are piled on the platter with the roast, each one separately.

BREAST OF LAMB BAKED — Split open the breast of a young lamb and fill with any desired kind of filling, highly seasoned. A nice force-meat is made of bread crumbs pressed out of milk, chopped onions, minced mushrooms, minced parsley and two whole eggs. Sew and then besprinkle with butter and bread crumbs. Bake slowly for about two hours, or possibly more, basting now and then. Serve with tomato sauce.

LAMBS' CUTLETS IN PAPERS—Fry in saute pan with melted fat pork, turning over frequently. Brown slightly, allowing them to remain rare. Remove the cutlets, and in this fat simmer some minced onions, mushrooms and parsley for a few minutes. At the last, add some shredded lean ham. Now prepare

your oiled paper, tearing until it is heart-shaped. Lay the cutlet on one half, surrounding with the minced herbs, placing a bit on top also. Fold over the paper, creasing together as if a hem. Lay on a buttered dish. Set in oven until a fine color is acquired.

AUSTRIAN CHICKEN FRITTERS — Chop the meat of a boiled or baked fowl. Season with salt, pepper, nutmeg and herbs, and place in a saucepan, adding enough cream or white sauce to moisten. Also add the yolk of one egg to about a cup of meat and sauce. Cut some sandwich bread into thick slices. Take a pint of milk to which add two eggs beaten well. Mix. Now spread your sandwich bread or your rolls cut in two with a thick layer of the above creamed chicken. Press the two pieces of bread together as if making a sandwich. Then roll or dip this in the egg and milk mixture, then roll in sifted bread crumbs and fry in hot lard the same as pancakes, frying to an even brown.

MIROTON OF BEEF OR MEAT—Take boiled or braised meat, cutting into thin slices. Heat three ounces of butter with a large sliced onion, browning, and then adding a spoonful of flour. Add a pint of stock or hot water, and seasoning, adding a bit of Worcestershire sauce and a spoonful of French mustard; lay the beef in this sauce after it has simmered for five minutes, until it is evenly mixed. Place this in a baking dish, placing about it a border made of mashed potatoes mixed with the yolks of eggs and a bit of cream. Sprinkle grated Parmesan cheese liberally over this, and bake in oven for ten minutes.

MIXED GRILL SPECIAL — Broil a lamb chop with a whole kidney, one small country sausage, one fresh mushroom, two slices of bacon and one thick

slice of tomato. When each article is nicely broiled, put on a platter, the tomato being on top of the chop, then the bacon and last the mushroom.

BONELESS SQUAB EN CASSEROLE — Remove the bones. Prepare fowl for roasting, by dusting well with salt and pepper; put butter in bottom of a saute pan, adding a few tiny carrots, an onion, and baste your fowl for twenty-five minutes, roasting all the time. When tender, add a half-teaspoonful or so of prepared meat extract to give additional color and flavor. Then replace it in this sauce, which should have acquired the consistency of cream.

HASHED LAMB, CREOLE—Remove the fat and skin from cold lamb and chop it fine. Heat in a double boiler. Heat with a little of its own gravy. Fry three quartered tomatoes and two green peppers, minced fine. Add these to the hot lamb, seasoning well. Make a bed of rice on a dish and pile the hash on top.

BEEF TONGUE, PARISIAN STYLE—Take a fresh beef tongue, wash it and put it into hot water with enough to cover, adding a cup of white wine vinegar, two carrots, two onions, a bay leaf, a few cloves, a crushed garlic, some thyme, the green tops of a bunch of celery, and salt. Simmer slowly for three to four hours, so that when you prick it with a fork it has a jellied consistency, and the skin should come off easily. Remove from fire, and peel and trim. Boil the broth down. Make a brown sauce, adding a glass of Madeira wine. In another pan boil a dozen or so small onions. Glace them with plenty of butter, simmering them in this, but do not brown. Add a can of mushroom heads and a quarter-pound of salt pork that has been boiled, then diced, then simmered in this. Add two tablespoonsful of minced parsley and a wine glass

of sherry. Put this into the brown Madeira sauce above, put the whole tongue on the platter, pour this sauce over all.

MEAT CROQUETTES—Chop a large onion, and with two ounces of butter, let it simmer in a pan. Add the minced meat and one raw egg, mixing well. Add a quarter cup of brown gravy, salt, pepper and some chopped parsley. When cool, roll out and form into croquettes. Dip in a mixture made of one egg and a spoonful of cream, then roll in sifted crumbs. Fry in swimming fat. Serve with tomato sauce or Madeira sauce.

BROILED ENGLISH LOIN CHOPS—Broil over charcoal for twelve minutes or less, depending on the thickness. They should be slightly rare and full of juice. Cover with maitre d'hotel butter when broiled, and season. Maitre d'hotel butter is made by beating up a large spoonful of butter with the juice of half a lemon and a teaspoonful of minced parsley.

SMOTHERED BRISKET OF BEEF—Get five pounds of brisket. Put in an iron pot with a soup bouquet and a cup of water. Rub the meat well in salt and pepper. Brown on top of the stove for half an hour. When browned, cover the pot and set in the oven for five hours, baking slowly. The meat should be jellied, tender and well flavored.

BOILED HAM A LA LEONARD—Soak a smoked ham in cold water for twelve hours, first cutting off the handle bone and shortening the hip bone. Set it on the fire and bring to a boil very gradually. Then drain off this water, replacing with water of tepid warmth, adding four or five carrots, two or three bay leaves, a small bunch of thyme, sage and basil, also

a bunch of celery tops, all these tied in a bunch. Season with mace, cloves and pepper-corns also. Let it come to bubbling heat, then remove to back of stove, where it may simmer, keeping at this temperature, allowing a quarter of an hour for each pound. When peeled, make a sauce of Madeira sauce, clear soup stock, three spoonsful of molasses and a spoonful of French mustard. Baste frequently, glazing the ham.

STEAK WITH MARROW—Parboil the marrow in salt water for ten minutes or longer. Spread small bits of toast with the marrow, then spread with mustard liberally, then lay small steaks, either filet or small sirloins, on the toast. Heat a little butter, squeeze a lemon into it, and pour over all.

OXTAILS A LA CASTALLANE—Have the oxtails cut in three-inch lengths. Soak in cold water for an hour. Drain, then blanch for half an hour, then throw in cold water. Put into your saute pan a half cup of bacon and a cup of sliced onion to two tails. Place the tails on top of the bacon and onions, covering with enough of the broth in which the tails were boiled to cover them. Simmer very slowly, on the back of the stove, for three hours. Braise some whole chestnuts, arranging the tails in the form of a mound, surrounding by the braised chestnuts.

MARROW BONES ON TOAST—The best marrow is found in the round, the second best in the hind legs. Have it sawed off in two or three-inch lengths. Wrap in cloth and plunge in boiling broth, well seasoned, cooking for about twenty minutes. The broth may be used for soup just the same. Drain off, and serve the bones containing the marrow on a folded napkin, serving slices of fresh bread toasted, or take

out the marrow and serve on the toast, without the bones, as you prefer. A favorite dish with many epicures.

BOILED LEG OF MUTTON—Put into iron pot, with enough cold water to cover. Add salt, a carrot, an onion, parsley, a bay leaf, a clove of garlic and boil slowly for an hour and a half, or until tender, the time depending on the size of the leg. Serve turnips with this.

CHICKEN HASH WITH PEPPERS—Scald a green pepper, removing the thin skin. Then saute in pan with butter, having first diced or cut the pepper in small bits. Add the meat of a fowl, cutting it up in small pieces. Add two cups of cream sauce and a red pepper or two, depending on one's taste for the relish. Cut the pepper into strings, then crosswise. Add salt and pepper.

CHICKEN POT PIE—Obtain a fat hen or fowl. Joint it. Put into saucepan with cold water enough to cover, and simmer, having added your bouquet. Skim the foam, but leave the fat. When cooked, remove the meat from the bones, add a bit of cream to the broth and thicken with flour or cornstarch, having removed the bouquet. Now have a rich biscuit dough made, and roll out a little thinner than for biscuits. It is nicest to make it into individual pies, the baking dishes coming for this purpose, but an ordinary granite pan may be used. Line the sides, and fill with the chicken, covering with the paste, and bake.

BAKED CHICKEN WITH RICE—Get a fat hen and put into saucepan with all its own fat. Cover with hot water and add salt. When boiling, skim off the

foam, but leave the fat. Add a soup bouquet, consisting of a clove, a carrot, some parsley, a bit of celery, a little thyme—all the vegetables coming ready prepared, tied together, at a first-class green grocer's—to which the cook adds the spices and bay leaf. When the hen is half done, which is in about an hour, remove the bouquet and add half a cup of washed rice. Boil until the rice is about done, by which time it has absorbed most of the broth. Put into a porcelain baking dish, and bake until brown.

CHICKEN TYROLIENNE—Joint a tender fowl and dust lightly with flour. Put into pan with plenty of butter. Simmer slowly for about fifteen minutes, turning frequently to brown it all over. Then sprinkle liberally with salt and pepper. When fowl is browned, add a soupspoonful of sherry and half a cup of brown gravy, a slice of boiled ham diced fine and one large tomato cut in small pieces. Simmer slowly for ten minutes. Dish on platter and garnish with apples fried in butter. Sprinkle all with chopped parsley.

BEVERAGES

The Finishing Touch Makes a Perfect Meal

CREAMY COCOA—Stir together half a cup of cocoa (Ghirardelli's cocoa will make certain the results), a quarter cup of flour, half a cup of sugar and a good pinch of salt, making into an even cream. Add slowly a quart of boiling water, cooking for five minutes, stirring all the time. Add a quart of milk that has just come to the boiling point. Serve with whipped cream. This is enough for twelve persons. Some cooks add half a vanilla stick, boiling with the mixture and then removing. This makes it of a dainty, fruity flavor.

TURKISH COFFEE—Turkish coffee may be made out of any good coffee. Have it ground to a powder, and allow a heaping tablespoonful to every person to be served, with a small teaspoonful of powdered sugar to the same. Pour boiling water on this three times, allowing it to puff up and drip. If one has no Turkish coffee pot, it may be made by pouring the boiling water on the coffee, then straining off, boiling for a minute, then pouring on again over sugar and all, doing this three times. Just before serving,

Mothers know that the best food
for the growing child is
Ghirardelli's Cocoa
It tastes good and is good, absolutely
pure, and a most delicious beverage.

add a dash of orange flower water to the coffee, thus imparting the real Turkish flavor. Allow just a few drops to each cup. This makes it very aromatic. Turkish coffee is served grounds and all. It is not supposed to be of the clearness of other coffee.

AFTER DINNER COFFEE—After dinner coffee should be made out of the best coffee. If you have no French or drip pot, you may obtain just as good results by taking a quarter-pound of coffee, pouring over it a quart of boiling water. Strain and pour over the grounds three times. Do not boil. This preserves the fine aroma.

"CREOLE COFFEE"—Creole coffee is dripped, not boiled. In the Creole method the bean is first parched until absolutely black, and by preference is subjected to this treatment only a few hours before the beverage is to be drunk. The ground coffee is placed in a tin or earthenware receptacle with a perforated bottom, and boiling water is slowly poured thereon and allowed to percolate through into a second receptacle below, both vessels being hermetically sealed wherever possible. Coffee thus made is, in fact, a distillation. At breakfast it may be drunk with cream and sugar, but when served after dinner it should be taken alone, or with a single lump of sugar melted in a spoonful of burning brandy.

For the afternoon luncheon, the most exquisite of beverages is
Ghirardelli's Cocoa
It is delicious and gives a pleasing finish to the repast.

EGGS, OMELETTES, ETC.

One of the Important Foods of the Nation

The use of eggs plays an important part in all kinds of cookery and in the preparation of all sorts of dishes. In the simplest form of cooking, care, however, should be used, and the importance deserving attached. Eggs contain more nutriment than many kinds of meat, and are far more easily digested.

Eggs should always be soft, but not necessarily uncooked. Hard eggs are as easily digested as the average meat roast. Eggs should jelly, to be in the highest state for eating.

To properly "boil," eggs should not boil, but should be immersed a moment in boiling water, and then removed and placed in a vessel of hot, but not boiling, water for ten minutes.

Only fresh eggs may be eaten soft, this way. The best test of eggs on this point is to make a solution of 10 per cent salt, in which fresh eggs sink and tainted ones rise.

Never permit a tainted egg to be served to any person. Not only that meal is spoiled, but a desire for eggs at future times, or anything in which eggs are known to be, will be squelched.

THE OMELETTE—The best way is to use not more than six eggs. Beat together in a bowl, adding salt and pepper, and for every three eggs a tablespoonful of rich, sweet cream. Beat with a whisk and strain into another bowl. Put two ounces of butter in the pan. When melted, but not brown, add the eggs. Stir

with a spoon, taking care to keep very soft. Leave for two or three seconds without stirring, then fold over in three layers. Knock the omelette gently, so as to move the omelette toward the outer part of the pan, then fold over the other half into a nice, long oval. All this should take but two or three minutes, and the quicker an omelette is made the better. Do not let it solidify too much. An omelette should not be flat. It should be of delicate, light consistency, with the middle creamy and soft. There are garnished omelettes and filled omelettes. Filled omelettes are stuffed with whatever is desired before being folded, and garnished omelettes are folded and then adorned on the side with whatever is desired. Sweet omelettes, with the Italian and French, come under the head of desserts. The Italians like the bowl in which the omelette is beaten rubbed with garlic. Omelettes may be filled with shrimp, with shredded crab meat, with creamed codfish, with oysters in cream or pickled, with mussels in cream, creamed mushrooms, minced kidney, puree of game, and dressed with tomato, Spanish sauce, madeira sauce or any other fancy way.

SWEET OMELETTES—Sweet omelettes may be made from any kind of marmalade, jelly, jam and the like, among the favorites being apricot, strawberry, guava jelly, orange marmalade and so on.

EGGS EGYPTIAN—Reduce the yolks of hard-boiled eggs to a paste. Add crushed pine nuts, a crushed onion, a bit of leek, a hint of garlic, binding together with beef juice. Add some soft cream cheese, salt and pepper. Make into a timbale, dust with crumbs, dipped first in egg, and fry in oil. Cold eggs may be stuffed with this also.

EGGS A LA HUEGENOTTE—An omelette in which is folded a minced meat made of mutton, mixed

with mushrooms, flavored with nutmeg and the grated rind of an orange.

EGGS A LA ATHENIUM—Prepare as above. Sprinkle with garum, oil and wine.

EGGS OPERA—Put the poached egg on a piece of toast of the same size. Pour hot cream sauce over all, garnish with hot asparagus tips, sprinkle with chopped parsley and place a slice of truffle on top.

EGG SALAD—Cook a number of eggs, placing them in cold water and simmering for twelve minutes. Cut into quarters after removing the shell. Make a dressing of all the herbs, using the tender leaves of thyme, a little mint, chervil, pepper, alisander, coriander, rue, to which add a dressing made of oil, vinegar and mustard.

FONDUE SAVARIN—Fondue is a mixture of cheese, eggs, cream made into a light, creamy consistence as follows: Place the yolks of eight eggs in a pan with half a pound of butter broken into bits and eight ounces of grated cheese; season with cayenne, salt and a little black pepper. Put on the fire in a double boiler, whisking with a wire spoon until it thickens. Serve on toasted bread.

EGGS LEAVEY—Poach eggs carefully. Place on buttered toast, with chicken hash with peppers on one side and asparagus tips on the other. Pour hot Hollandaise sauce over the egg.

FLORENTINE EGGS—Whip the whites of eggs, allowing one egg to every individual to be served. Also whip rich, sweet cream, allowing a cup of cream to six eggs, or about a spoonful and a half to each egg.

When both are whipped light, mix, adding half a cup of grated Parmesan cheese to four eggs. Season with salt and pepper. Put into a buttered dish. Make cavities, in which drop the whole yolks. Bake in an oven of moderate temperature for ten minutes.

EGGS WALTER SCOTT—Take a slice of bread about an inch thick. Dip in hot milk until it has absorbed all it can. Remove. Stir to a pulp, adding salt, pepper, nutmeg, a little butter, half a cup of minced chicken meat or any other nice, tender meat you may have left. Beat four eggs, and when beaten add them to the above. Butter some cocotte dishes and fill with this mixture. Bake twelve to fifteen minutes. Serve with hot brown gravy mixed with tomato sauce, very hot and well seasoned.

EGGS BAKED WITH POTATOES — Prepare some potatoes for baking by cutting off one end so they will stand upright in the oven. When done, scoop out the potato pulp. Put in a spoonful of cream sauce. Break into the opening a raw egg, covering with a bit of the potato which you have mixed with butter. Return to the oven for six to eight minutes. Serve wrapped in folded napkins.

BAKED EGGS—Start cooking in cold water, allowing it to come to simmering point. This takes about ten to twelve minutes. Put in cold water, then peel off the shells. Place in the bottom of a baking dish, cutting a little of the bottom so they will stand up. Sprinkle one minced hard-boiled egg over all, mixing with a little bread crumbs minced just as fine. Pour a well seasoned cream sauce over all, garnishing with tiny bits of bacon. Put into oven to acquire color and serve.

OYSTER OMELETTE — Make a light, creamy omelette as usual, and just before turning over fold within the omelette some oysters, allowing about six California or two large Eastern to every egg. Parboil the oysters for two minutes in their own juice, adding a little butter. Thicken the juice left over with a little flour, adding a bit of cream. Pour this on the platter, setting the omelette in this gravy.

PINEAPPLE OMELETTE—Take a small can of grated pineapple, draining carefully. Thicken the syrup with sugar and reduce by cooking in a double boiler. Heat the fruit in this also. Make omelette, and spread the fruit over half of it and fold the other half over carefully. Put on a hot platter, pouring the juice over all.

EGG CROQUETTES—Cut eight hard-boiled eggs to small bits, seasoning with salt, pepper, grated nutmeg and a half cup of grated Parmesan cheese. Bind together with a cup of cream sauce. Set away to cool. Then shape into croquettes. Dip in flour, then egg mixed with a spoonful of cream, then bread crumbs. Fry in hot lard. Serve on a platter on a bed of tomato sauce.

EGGS CASTELLANE—Place some eggs to boil in cold water, cooking for eight minutes. This should not exactly harden them, but makes them firm and waxy. Place the peeled eggs in a porcelain baking dish, standing upright. Make a cream sauce by moistening some cornstarch, adding to hot cream. Season with salt and paprika. Pour over the eggs, and then sprinkle with a thick layer of Parmesan cheese, adding another dash of paprika. Bake in oven until the top acquires a nice brown.

COLD EGGS ARGENTEUIL—Boil the eggs ten minutes, starting in cold water. When cool, remove shells, and cut eggs lengthwise. Lay on top of cold asparagus tips and cover all liberally with mayonaise. Sprinkle with chopped beets.

COLD EGGS EUREKA—Hard boil eggs. Remove yolks and mix with crab salad piled high in the shape of an entire egg. Cover with mayonaise. Sprinkle with parsley chopped fine.

COLD EGGS DANISH—Same as above, filling with lobster in place of crab.

COLD EGGS NORWEGIAN—Prepare the eggs as above. When cold, cut lengthwise. Mix the yolks, which have been mashed, with chopped anchovies. Fill the halves with this, and lay strips of anchovies on top of the eggs. Serve toast and olives at the same time.

RUSSIAN EGGS COLD—Fill hard-boiled eggs with salad prepared as above, mixing with the crumbled yolk.

OMELETTE ROBESPIERRE—Take half a can of apricots, cut the fruit in small slices and heat in its own juice. Make a light, fluffy omelette, using four eggs. Dish up on platter. On each end put the cup of cut apricots, without its juice. Pour three-fourths cup of absinthe over all, and lighting just before serving. The omelette should be burned with a hot iron to give a striped appearance.

COLD EGG SMITHFIELD—Poach eggs as usual. Let them cool and serve on a piece of Virginia ham. Serve mayonaise separate.

EGGS LACKMEE—Poach three eggs, putting on round pieces of toast. Take the left over white meat of a chicken or turkey, heating in white sauce, and pour this over the eggs.

OMELETTE VALENTINE—Make omelette as usual. Put in center one-half cup of crab meat in cream sauce. Put your omelette over this. Then put some thin cream sauce around this omelette.

EGGS EN COCOTTE VALENTINE—Butter as many cocotte egg dishes as the number of persons to be served. Put in the bottom of each dish a half cup of crab meat mixed with cream sauce. Salt and pepper. Add two raw eggs. Cover with cream sauce. Sprinkle with grated cheese, putting a bit of butter on top. Bake for ten minutes.

STRAWBERRY OMELETTE—Hull a basket of berries and put them in a double boiler with a half cup of granulated sugar. Do not add any water, as the juice of the berries and the steam will form plenty of liquid. Do not stir, as the berries should be entire. To make the omelette, beat the eggs light as usual, adding a little salt but no pepper. When about done, heap the berries on the eggs, and roll up and pile nicely on the platter. Pour the juice about the omelette.

COLD EGGS NORDENSJOLK—Boil eggs hard, allowing one egg to each person. In order to prevent the whites from being tough, put the eggs on in cold water, simmer for ten minutes. Cool the eggs. Cut in two lengthwise. Remove the yolks. Add equal proportions of anchovy paste and sweet butter, allowing exactly the same quantity as the yolks. Mix with yolks, making a fine paste. Fill the whites with this.

In bottom of a platter put a large quantity of tartar sauce.

OMELETTE ALSACIENNE—Dice the inside of a loaf of bread into small square bits, which should be fried in plenty of butter until light yellow. Then make an omelette as usual, pour over the bread, and bake, folding all together. Serve by sprinkling with chopped parsley.

OMELETTE WITH CUCUMBERS — Slice the cucumbers, dip in flour, then in egg, then in bread crumbs, and fry for four or five minutes until a nice brown, having seasoned them with salt and pepper. Make omelette. Heat a platter. Cover the bottom with hot cream sauce. Put the omelette on this, then lay the fried cucumbers about the omelette.

OMELETTE WITH ASPARAGUS TIPS—Make your omelette as usual. Garnish with asparagus tips that have been heated in butter. Cover all with a cream sauce.

OMELETTE A LA AMERICAINE—Before the omelette is done, cut half a lobster in dice, heating it in butter. Then add half a can of strained tomatoes, to which you have added minced fine herbs. Season, and add to the heated lobster, and pour all over the omelette.

RUM OMELETTE—Beat up three or four eggs in a bowl and add to them a grain of salt, one tablespoonful of powdered sugar and a spoonful of good rum. Warm a little butter in a pan, and pour in the beaten eggs, thickening them over a brisk fire, stirring with a large fork. Fold over the omelette as fast as it detaches from the pan, invert it with one stroke on a long dish; strew its entire surface with powdered sugar, and serve after pouring

a few spoonsful of rum with a little syrup into the bottom of the dish and setting it on fire.

EGGS MOLLET—Eggs to be prepared this way must be fresh. Otherwise, it is impossible to prepare them. Plunge the eggs in boiling water, then put on the back of the stove for ten minutes, but do not boil. This makes the eggs soft and waxy. Put into cold water, then peel off the shell carefully, taking care to keep entire. When ready to use, heat in broth and garnish in any fancy way desired, serving with sauces on toast and so on.

EGGS MOLLET WITH SPINACH—Serve eggs cooked as above on a bed of spinach, chopped fine, and pour a well seasoned cream gravy over all.

SCRAMBLED EGGS—Scramble the eggs, using butter. Make thin toast, trim the edges, then place some cooked sweet red pepper on top, then the scrambled egg. If desired, a few slices of truffles may be added as a garnishing.

SCRAMBLED EGGS CHASSEUR—Cut some ham in strips like matches. Mince an onion. Add a little butter and fry the ham and onion, adding two slices mushrooms. Arrange the ham and onion around the scrambled egg. Sprinkle with parsley.

OMELETTE LOUIS XIV—First make a thick puree of chicken meat, mincing it well and mixing with cream sauce. Then heat your pan, putting plenty of butter in it. Now beat your eggs, cooking four at a time, and keep moving the pan all the time, shaking it well until the beaten egg begins to jelly. It is then ready to fold. Place two spoonsful of this chicken puree inside—it should be about as thick as hash—and fold the omelette over it. Put on a hot platter and surround with well flavored hot cream sauce.

EGGS HENRY THE FOURTH—Poach the eggs, and trim the edges if necessary. Dip in beaten egg and then in bread crumbs, and brown quickly. Put this on a piece of toast that is spread with foi gras, or goose liver pate. Then cover all with Perigeaux sauce.

SCRAMBLED EGGS LIVINGSTON—Put two ounces of butter into a saute pan. When melted, add six eggs that have been well beaten together, mixing with them a large tomato, peeled and cut into quarters or small pieces, a soupspoonful of grated Parmesan cheese and a spoonful of cream. Season. Stir over slow fire until the eggs are creamy. Serve on a hot platter, sprinkling with minced parsley, if this is liked. This makes a nice breakfast dish.

OMELETTES WITH BANANAS — Beat three eggs with a whisk until quite light. Add a soupspoonful of rich cream and salt. Heat some butter in a pan. Now have some bananas cooked slightly in rich syrup, preserving the fruit whole. It looks best to cut lengthwise. Before folding over the omelette, place the bananas inside. Fold over, bestrew with fine sugar and burn with an omelette iron.

EGGS COQUELICOT—Butter a timbale mold, then place within a whole sweet red pepper that has been parboiled. Adapt the pepper to the shape of the mold, then break a whole egg into it, cover with nicely seasoned cream sauce and place in the oven to cook for eight minutes, when the sauce is browned and the egg evenly coagulated.

SPANISH SCRAMBLED EGGS — Take some canned sweet red peppers and cut into strips like a shoestring. Scramble with the egg, cooking slowly

so that the eggs do not become tough and hard. Serve with brown gravy strained over and around the eggs.

OMELETTE WITH APPLES—Cut some peeled apples into a saute pan, allowing enough butter to fry the apples. Use a soft variety, so they puff up. When nearly done, add sugar and allow to brown slightly, using about a teaspoonful to an apple. Make your omelette, and just before folding over, place the fried apple in the center. It may be covered with brandy to be burned.

ENGLISH EGGS AND BACON PIE—Lay some rashers of bacon on the bottom of a china pie or pudding dish. Beat eight whole eggs with a pint of cream, seasoning with salt and pepper. Cover the dish with puff paste, and bake in moderate oven until the paste flakes brown. Serve hot.

OMELETTE DAUPHINE—Make omelette and fill with highly seasoned apple marmalade garnished with whipped cream flavored with vanilla.

OMELETTE PROSPER—Cut two slices of bacon into small squares. Add a spoonful of butter and saute the bacon, butter and half a cup of raw eggplant cut in very small dice, allowing five minutes to cook them. Make the omelette as usual, and fill with the above.

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EGG FOLLY—Butter a cocotte dish and break into it two eggs. Cover with soubice sauce, sprinkle with grated cheese, seasoning, and a bit of butter, and bake eight minutes.

POACHED EGG BOSTONIAN—Put the poached egg on top of a fish cake and pour half a cup of simmering hot cream sauce over all, garnishing with two strips of thin broiled or fried bacon.

EGG VIRGINIAN—Broil thin slices of Virginia ham, shaving the ham as thin as possible. On this put two poached eggs, pouring hot cream sauce over all.

EGGS MARIGNY—Butter an egg cocotte dish, using plenty of butter. On the bottom put a piece of broiled, thin ham, then a teaspoonful of cream sauce, then one raw egg, salt and pepper, then three raw oysters, one teaspoonful of tomato sauce, then one soupspoonful of cream sauce, well seasoned. Sprinkle with Parmesan cheese and bake in hot oven for eight minutes. Serve in the dish in which it was baked.

OMELETTE PERCY—Fry half a pound of country sausage for ten minutes. When done, cut into quarter-inch pieces, adding a soupspoonful of brown gravy, or make a bit of pan gravy. Make a fluffy omelette, and when about done pour the sausage and gravy on the omelette, folding over. Sprinkle with parsley.

INVERNESS EGGS—Boil half a dozen eggs for ten minutes or until hard. Throw in cold water. Remove the shells. Now take a pound of sausage meat of any kind and a half-pound of bread crumbs. Mince the two, and mix with a spoonful of milk or cream and a beaten egg, adding a little pepper and salt. This

should make a thick paste. Cut your hard-boiled eggs in half lengthwise and arrange a thick layer of the above mixture all about the egg. Brush with beaten egg, dip in sifted crumbs and fry in hot lard until it is a nice yellow. Pour over it hot tomato sauce.

EGGS A LA TRIPE—Slice some white onions very thin, and simmer in plenty of butter, but do not brown. When the onions are cooked, add cream sauce, allowing about two onions to half a pint of cream sauce. Add hard-boiled eggs, cut in thin slices. Add seasoning. Serve hot.

EGG VOLTAIRE—Butter the cocotte or egg dish. In the bottom place a spoonful of chicken hash. On top, break a raw egg, adding seasoning. Cover with cream sauce and grated cheese. Bake until the tops are brown.

EGGS SANS GENE—Put a poached egg on a cooked artichoke bottom and pour bordelaise sauce over all. If desired, the artichoke may be arranged on a small piece of toast. A toasted buttered half of an English muffin is very good used this way.

EGGS BENEDICT—Toast some split English muffins. Poach some eggs, trimming the edges. Have a piece of broiled ham cut the size of the muffin. Place the poached egg on top of this. Cover with hot Hollandaise sauce.

BOHEMIAN EGGS—Stuff tomatoes cut in half with some nice force-meat, goose liver and chopped mushrooms or calves' liver seasoned and mixed with mushrooms being very tasty. Heat these tomatoes in the oven for about five minutes, when the tomato is soft and the filling hot. Place a poached egg on top, covering all with hot cream sauce.

EGGS BURGUNDY—Poach some eggs in wine. Fry some bread which has been dipped in milk, then in egg and crumbs. On top of each slice place the egg. With the wine in the pan make a sauce by thickening with flour. Add a bit of butter.

EGGS A LA GEORGE GRANT—Plunge some big sweet peppers in hot fat, this to remove the outer skin, which may be rubbed away. Remove the seeds. Boil for five minutes in salted water. Fill with scrambled eggs, to which a flavoring of Parmesan cheese may be added. Serve upside down, covering all with Madeira sauce.

SHIRRED EGGS CREOLE—Butter shirring dish, then break eggs into it. Add butter and seasoning. Bake in the oven for a few minutes, until the yolk has acquired a veil over it. Now make a mixture of equal parts of minced onions, green peppers, tomatoes, mushrooms and ham, smothering in butter for ten minutes. Add a little beef extract or soup stock. Put this over the eggs. The real Southern way is to break the eggs over this mixture, which is placed in a shallow baking dish.

EGGS DU BARRY—In baking, place the dish in hot water, cooking in the oven from five to ten minutes. Line an egg cocotte with a force-meat made of truffles and beef tongue. Drop an egg into this. Cook in the oven. When done, cover with hot puree of cauliflower.

ITALIAN STYLE—Mince shallots, onions and mushrooms, cooking in butter until tender, but not brown. Add a spoonful of white wine to every person to be served, also two spoonsful of tomato sauce. Fill the cocotte a fourth full of this. Drop an egg on top. Cook for six minutes in the oven.

SAUCES, DRESSINGS, GRAVIES, ETC.

Giving Flavor and Character to Cooked Dishes

It is in the preparation of sauces and dressings that the French excel in matters culinary. The excellence of French cooks, it is quite generally admitted, has as a basis their wonderful comprehension of condiments tastefully compounded.

The recipes following cover a wide scope, and contain, besides the standard sauces, etc., most relished by epicures, many special ones that have been invented in the years of my service in various countries and hotels.

These sauces have been conceived as a result of wide experimenting and much expense, and I hope that the following pages will receive the appreciation due them.

FRENCH DRESSING—One-half a tablespoonful of salt, a pinch of pepper, two tablespoonsful of olive oil and one of white wine vinegar. Mix all together and stir several minutes. To this may be added, if taste requires, a pinch of paprika, and the mixing bowl may be rubbed with a clove of garlic. A little mustard may be used, also, and some use a dash of Worcestershire sauce.

ENGLISH WHITE SAUCE—Infuse in a pint of boiling hot milk the yellow rind of a lemon, a bay leaf, a coffeespoonful of white pepper berries, a bit of thyme, and let stand for half an hour. Now stir in three ounces of butter with two ounce of flour, melted

together. Do not discolor. Strain the milk with the herbs into this, seasoning with salt. Stir until it is creamy, then add extra butter, about two ounces, and the juice of a lemon.

HAZELNUT BUTTER—Brown four ounces of butter slightly, skimming off the foam that arises. Pour off, using only the clear part. Season with salt, pepper and lemon juice. Strain through a fine strainer. Throw over fish or meats or whatever it is to be served with. Makes a fine dressing for steaks.

GREEN SAUCE—Take some fresh parsley, chervil, tarragon and burnet. Parboil for a minute in boiling water in a copper vessel or a china-lined one. Drain. Pound in a mortar with a few chives. Press through a sieve. Put into same mortar some hard-boiled yolks of eggs, diluting with the puree of these herbs. Add oil, a bit of vinegar, mustard, finally adding a spoonful of gherkins, well minced, allowing this amount to a half cup of the sauce. Good with fish.

ESPAGNOLE OR SPANISH SAUCE—This is a brown foundation sauce. Its base is made of good, rich stock. Brown some flour with butter, stirring all the time, until a good brown color is obtained. It should not be browned too rapidly. Then add the hot stock, a little at a time, so as to avoid having lumps in it. Mash the lumps until it is of even consistency. It should be made of highly flavored soup stock. Boil it slowly for an hour.

SABAYON—This is a fine sauce, much liked at Italian feasts. It should be made with white wine; a dry kind is preferable, but may be made with any kind, rum, Madeira, Kirsch, brandy and so on. Into a copper kettle place the yolks of five eggs and the

whites of one, with four ounces of sugar and half a wine glass of white wine. Stir vigorously all the time, until light.

ITALIAN SAUCE—Take one onion or six small shallot onions, and mince very fine. Simmer in a wine glass of sherry, until dry, but not discolored. Add a small can of minced mushrooms and two cups of brown gravy and a pony of sherry, seasoning with salt and pepper.

COLBERT SAUCE—To a pint of meat glaze whisk in four ounces of butter, using an egg whisk. The sauce should be hot. When the butter is melted, add the juice of two lemons, a little grated nutmeg, two spoonsful of good sherry. Strain. Add a teaspoonful of chopped parsley and serve. This is very delicious served over broiled steak and the like.

ENGLISH COLBERT SAUCE—Add to the above two teaspoonsful of Worcestershire sauce, the same of mushroom catsup and a spoonful of anchovy butter.

BERNAISE SAUCE—Mince a couple of shallot onions very fine, and simmer in a porcelain or granite dish, with three spoonsful of tarragon vinegar, until

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the vinegar is about absorbed. Then make a sauce exactly like Hollandaise, adding also a tablespoonful of melted beef extract, the above minced shallots, some fresh tarragon, minced fine, and the juice of half a lemon.

TOMATO SAUCE—Into a saucepan put butter the size of an egg, a small carrot, a piece of leek, an onion, half a dozen pepper berries, a bay leaf and a bit of thyme, some raw ham bone or three ounces of ham cut into pieces. Brown well. Add a pint of water and a quart can of tomatoes. Boil for half an hour. Thicken with flour, and strain through a wire sieve.

BROWN SAUCE—Take some veal bones, about two pounds, a carrot, six white pepper berries, a bit of thyme, a clove of garlic, a clove and a spoonful of butter, browning well for about half an hour. Add three pints of water and strain. Thicken with flour or cornstarch. Strain.

VELOUTE SAUCE—Take a pound of veal bones, and the feet, neck and wings of a fowl or two. Add a soup bouquet. Also salt and parsley. Boil slowly until every bit of the flesh drops from the bones. Strain, adding half a glass of white wine.

CREAM SAUCE—Cream sauce and bechamel sauce are identical, only in the latter milk is used instead of cream. Mix two large spoonsful of butter with a spoonful of flour, heating together. Add a pint of milk and seasoning.

CREAM HORSERADISH SAUCE—Melt two spoonsful of butter and add a heaping spoonful of flour, and when mixed, add a cup of cream and milk mixed. Add salt and white pepper to suit. It should be of

even, creamy consistency. Add more milk to thin, if necessary. Empty the contents of a small bottle of prepared horseradish, making probably half a cup in all. Squeeze dry, to eliminate the vinegar. Add to the cream sauce, adding also a teaspoonful of powdered sugar.

DEVIL SAUCE—Take a teaspoonful of English and a teaspoonful of French mustard and also a soup-spoonful of Worcestershire sauce. Mix, then add a wine glass of Madeira wine and a cup of brown sauce. Boil for three minutes. Serve with deviled beef bones, broiled or baked fish, boiled short ribs of beef and with baked pork and baked ham.

SAUCE REMOULADE—Same as tartar sauce, adding also two shallots chopped fine.

MUSTARD SAUCE—Mince an onion, frying it in butter. When simmered, add two tablespoonsful of French mustard, one cup of cream sauce, a little cayenne, the juice of a lemon and some minced parsley.

MUSTARD SAUCE—Simmer some minced shallots with white wine until it is absorbed. Add brown gravy, strained, some butter and French mustard.

MILANESE SAUCE—Mince enough beef tongue, cooked and salted, to make half a cup. Mince enough raw ham to make half a cup. Heat the ham in a pan, adding a minced and crushed garlic and two onions, minced as fine as possible. Strain into this half a can of tomatoes, two sliced pimentoes, using the canned variety, which comes ready for use. Add half a can of mushrooms, two spoonsful of butter, and thicken slightly with moistened flour. Add paprika to suit.

SAUCE WITH SPAGHETTI—Simmer four or five shallot onions, chopped fine, in two spoonsful of butter. Do not brown, just simmer. Add two spoonsful of flour to this butter and mix. Then add a small can of mushrooms, also minced, but not very fine. Pour into this a wine glass of sherry and a cup of soup stock, and if convenient, a scant teaspoonful of beef extract. In case you have no stock, you may add the beef extract and hot water in place. Add three or four spoonsful of catsup. At the last add the juice of a lemon and a teaspoonful of minced parsley. Mix with the spaghetti, sprinkle with Parmesan cheese and serve.

SAUCE MADEIRE, OR MADEIRA SAUCE—To one cup of brown sauce add a whisky glass of dry sherry wine and boil for ten minutes, seasoning with a little salt and cayenne.

SAUCE GENOISE FOR FISH—Take any kind of fish head, salmon being the best. Brown in a saute pan with two spoonsful of butter, a sliced onion, a sliced carrot, a bay leaf, a clove, some parsley and a teaspoonful of whole black pepper berries. Add a half-pint of claret while this is browning, reducing it by simmering. Then add a pint of brown gravy, simmering for half an hour. Strain through cheesecloth. Add two spoonsful of butter and a spoonful of anchovy sauce or butter.

POULETTE SAUCE—Eggs, crabs, oysters and so on may be served a la poulette. Take equal parts of flour and butter, melting together in a saucepan. Make into a cream by adding hot soup stock, well seasoned. Stir until it boils, skimming it to remove the white particles that arise. Strain. To a pint of this add four raw yolks beaten up slightly with a half

cup of cream. Add two ounces of butter, the juice of a lemon and some minced parsley.

RICHELIEU SAUCE—Cook a cup of seedless raisins and a cup of dried apricots separately. Make a fine puree of the apricots. Add sugar to suit and the juice of a lemon. Then stir in the raisins. Serve with baked bananas or any other kind of pudding where a fruity sauce is desired.

LOBSTER BUTTER—Crush the bones of a boiled lobster, put in a mortar and chop as fine as possible. Add a pound of butter and chop again. Cook until clarified and strain. This is the foundation of a number of sauces.

VINAIGRETTE SAUCE—Two spoonsful of oil, one of white vinegar, salt, pepper, a teaspoonful of chopped capers, one of chopped pickles, one hard-boiled egg, chopped fine, a teaspoonful of minced parsley, a teaspoonful of chopped shallots and onions.

SAUCE PIQUANTE—Brown a heaping spoonful of flour in two of butter, stirring all the time. When a light color, add two cups of the broth in which the tongue has cooked, discarding the fat as much as possible. Chop fine one onion, two shallots, a clove of garlic, cooking for ten minutes. Then add half a cup of minced gherkins, and if desired, a teaspoonful of mustard. Pour over the sliced tongue. Serve with boiled noodles.

SAUCE CHAMBORD FOR FISH—Dice a quarter-pound of salt pork and parboil it, then fry until it is brown all over, browning at the same time a dozen or so small onions. Then, when onions are tinted, add half a can of mushrooms. Garnish the fish with this, serving also the sauce genoise.

FISH SAUCES—Sauce mousseline, which is made by adding a cup of whipped cream to two cups of Hollandaise sauce, whipping the cream in slowly. This is excellent served with cold fish, also with cauliflower, asparagus, cold stuffed eggs and so on.

PARISIAN TOMATO SAUCE—For half a dozen persons allow six tomatoes, peel and quarter. Mince three onions, a bay leaf, a large clove of garlic, a bit of thyme, two green peppers minced, a cup of minced raw ham, a pinch of saffron leaves and a little of mignonette. When this has cooked twenty minutes add a cup of brown sauce. If you have no brown sauce on hand, brown two spoonsful of flour in an iron pan, stirring all the time until all the flour is an even brown. Then add two cups of hot water or soup stock, salt, pepper, a piece of butter the size of an egg and a dash of Worcestershire. Add this to the simmering herbs. Cook together for a few minutes, then strain the whole, adding a half a cup of minced cooked mushrooms to this after it is strained.

PERIGEAUX SAUCE—Make a Madeira sauce by adding a pony of Madeira wine to some brown gravy, simmering and straining. To a half-pint of Madeira sauce add a soupspoonful of chopped truffles and half a glass of sherry.

PORT WINE SAUCE FOR DUCKS—This may be served with broiled, roast or saute breast. Take a cup of rich brown gravy, strain after simmering, add a wine glass of Madeira. Simmer for a few minutes, then add half a cup of currant jelly, boil together, strain, then add half a glass of port wine and cayenne to suit.

MUSHROOM SAUCE—Trim and wash, removing sand and soil. Parboil in boiling water for five minutes, using just enough water to barely cover. Then add salt, butter and white pepper, continuing until boiled tender. Thicken with flour. Add more butter just before serving, or if served with a white meat add cream instead. To a pint of sauce add the juice of half a lemon just before serving.

LEMON SAUCE—Serve with boiled fish, grilled fowl, rare wild duck. Cut three slices of lemon into small pieces and add to two big spoonsful of melted butter and the juice of half a lemon.

ROMAN SAUCE—Take some celery root, about as much as would make a cupful. Add a coffeespoonful of coriander seeds, the same of powdered sugar, a crushed clove of garlic, a bunch of parsley, a bay leaf, simmering in white wine for about twenty minutes. Keep it covered, and cook in a porcelain-lined dish. Add a half-pint of brown sauce and the juice of a lemon. Strain. Then, after it is strained, add a coffee cup of washed Sultana raisins, a spoonful of butter and a wine glass of Madeira wine. This is served with baked fowl, game and the like.

SPANISH SAUCE FOR FISH, SPAGHETTI, ETC.—Mince an onion and a green pepper with but-

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ter the size of an egg, cooking until rather tender, but do not brown. Add one crushed clove of garlic, four fresh tomatoes, quartered, or half a can of tomatoes, half a dozen sliced mushrooms, two hot red peppers, salt and plenty of paprika, simmering slowly for half an hour. Add half a pint of tomato sauce or tomato catsup, providing the tomato sauce is not handy.

SAUCE FOR SLICED FISH—Take two heaping spoonsful of butter, melting with two spoonsful of flour, making a thick gravy. Add the broth in which you have cooked the fish, seeing to it that you have added a good soup bouquet, plenty of salt and a half-glass of white wine to the broth. Strain, and then add the beaten yolks of two eggs and half a cup of cream, pouring this over the fish.

HOLLANDAISE SAUCE—For boiled crab, artichoke, cauliflower, fish, asparagus and many varieties of fancy eggs. In a double boiler break the yolks of five eggs and the juice of a lemon. This is enough for six persons. Cut half a pound of butter into small bits the size of a hazelnut, adding this bit by bit, stirring all the time. Do not let your kettle of water get too hot, as then the eggs will scramble instead of making a dainty, creamy sauce. Add cayenne and salt last. Three tablespoonsful of cream may be added.

TARTAR SAUCE—To half a pint of mayonaise sauce add a teaspoonful each of chopped parsley, minced as fine as possible, capers, minced, a tablespoonful of minced sour pickles, half a teaspoonful of minced onion. Some also add a teaspoonful of minced green olives. Mix well.

CURRY SAUCE—Mix half a minced onion with two ounces of butter and brown lightly. Add one

minced apple and a pint of stock or chicken broth. Boil until the apple is mashed. Strain through sieve, forcing the apple through. Add a teaspoonful of Worcestershire sauce and a tablespoonful of Bengal chutney sauce. Add salt and pepper. This is the real East Indian curry.

SAUCE RAVIGOTTE—To half a pint of mayonaise, which is enough for six persons, add a big spoonful of cooked spinach chopped fine, some chopped watercress, chervil, chives, a shallot onion, a few capers and one small pickle, chopping all as fine as possible. Mix with mayonaise.

CAPER SAUCE FOR LEG OF MUTTON—Put into saucepan two ounces of butter. When melted, half a cup of flour. Mix. Add a pint and a half of boiling broth from the mutton. Boil for ten minutes. Add yolks of two eggs, mixed with a tablespoonful of cream. Strain. Add half a cup of capers.

VIN BLANC SAUCE—After you have fried your fish or chicken, pour into the saute pan, after removing your fowl or fish, a cup of veloute sauce. Add a wine glass of white wine. Add the yolks of two eggs, stirring them with a demitasse of cream. Strain this over the meat.

MAYONAISE SAUCE—To make a small quantity, use the yolk of one egg, half a teaspoonful of salt and some white pepper and the juice of a lemon. Strain this juice. Mix the yolk and the seasoning, adding about three drops of lemon or so and a few drops of oil, whisking briskly with a fork. Add more oil slowly, whisking in a cupful of oil, and every now and then add a little of the lemon.

It should be thick, firm and still creamy. Some like to add a bit of mustard flour, others a bit of sugar.

SAUCE ALLEMANDE—Make a fish broth, or if you boil a fish, use that. Otherwise, make a well flavored broth by following the same process as for soup stock, browning the bones first, then simmering. Reduce until it is well seasoned, strain through cloth, then thicken with the yolks of eggs, allowing three yolks and half a cup of cream to a pint of veloute broth.

ROOT GLAZE—This is a very appetizing sauce that any housekeeper may make and keep bottled. Cut a pound of washed carrots into pieces. Add the same of onions, turnips and celery root. Add some salt, two cloves, a bay leaf, a half-teaspoonful of mixed allspice and pepper berries. To this allow two pounds of veal knuckle, a bunch of parsley and some thyme. Simmer on the back of the stove for four or five hours. Strain and then simmer again, removing all the fat and lumpy particles that may arise, cooking very slowly until it is of the consistency of a thin, gelatinous gravy or syrup. In many sauces, this is the foundation.

DUXELLE OF FINE HERBS SAUCE—Have four spoonsful of minced pork and butter—half and half—simmering in a saucepan. Add three spoonsful of minced shallot, a clove of crushed garlic, frying together, but not discoloring. Add a scant half cup of fresh mushrooms, chopped coarsely. Simmer for ten minutes, when the moisture from the mushrooms is absorbed. Cook slowly so as not to brown the onions or shallots, whichever you use. Add a teaspoonful of minced parsley, chopped as fine as can be. Last of all, a large cup of clear brown gravy, strained, to which you add a small glass of Madeira.

BORDELAISE FOR STEAKS — Simmer three minced shallots or one onion—the former should be used if a correct sauce is desired—until the onions are tender, but do not brown. Add half a wine glass of claret, a pint of brown sauce, a crushed clove of garlic and some chopped parsley, also butter the size of an egg. Strain the marrow of a beef bone which has been cooked half an hour in salt water. Pour over the steak which has been broiled as usual, either rare or medium, as preferred.

BORDELAISE FOR CHICKEN LIVERS, ETC. —Mince two shallots or one onion, simmering with two ounces of butter. Add a crushed clove of garlic. Also a spoonful of minced parsley and the juice of a lemon. Having removed the gall from the livers, dust lightly with flour, and fry quickly in plenty of butter. Put on a hot platter and pour the above sauce over them. This sauce is also used with fish.

OYSTERS BORDELAISE — Have the oysters opened on the deep shell. Mince some shallots, parsley and garlic, allowing one clove to about four oysters. Sprinkle on each oyster, finishing with a bit of butter. Place in moderate oven for five minutes.

VEGETABLES—SPECIAL DISHES

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The use of vegetables plays a most important part, especially as regards the economics, hygiene and luxuriousness of dinners and other meals. Under this heading are dishes of the most delicious and healthful sort. I have endeavored to include those recipes which should be elements of successful meals.

Waste should be reduced absolutely. Housewives should remember that into the water in which vegetables (boiling) are cooked, valuable qualities are drawn, and this water should be used for soup stocks. Tops and ends of raw salad vegetables should be retained and cooked in stocks. All portions of partly used vegetables can be used in a variety of ways indicated in following recipes.

Green vegetables should always be boiled in copper-lined vessels, to preserve the vivid colors, as in peas, beans, spinach, asparagus, etc.

GREEN PEAS, PARISIAN — Take green peas freshly shelled. Add an onion and a good sized bunch of parsley, cooking until about done. Drain off the water, removing the herbs. Put the peas back into the pan, with a lump of butter, a scant half-spoonful of sugar and a dash of nutmeg. The French way is to garnish with puff paste croutons.

SMOTHERED BEANS—Soak a pound of red, white or black beans over night. Drain. Add double their weight in water, which should more than cover

the beans. Add a quarter-pound of salt pork or bacon, a carrot cut in four, or three French carrots, a bay leaf tied to a bit of thyme and parsley. When the beans are a little more than half done in the saucepan in which they have been slowly boiling, remove the herbs. Fry half a pound of small whole onions in butter until they are yellow. Add a wine glass of red wine, cooking with the beans until all are well done. Season with salt, pepper, chopped parsley.

CARROTS VIENNESE STYLE—Secure firm carrots, cutting with a vegetable spoon into small balls. Cook in salted water until half done. Drain this off, and complete the boiling with soup stock, salt and about a teaspoonful of sugar, letting them cool slowly until the carrots are glazed. Thicken with a little flour and stock, add the juice of half a lemon and some minced parsley.

BEANS AU GRATIN—Cook the beans as usual, first soaking to make the skins tender. To half a pound of beans allow twelve small white onions. Simmer in a saute pan with butter, the inside of three slices of bread and a pint of the water in which the beans have cooked. Cook until the onions are done, then mash them through a sieve. Add salt and pepper to the beans, six shallots chopped very fine, and put in shallow dish, covering with cheese, and bake until the cheese is brown.

BEANS AUDULASIAN—Soak the beans and put in pot with three ounces of salt pork to half a pound of beans, one garlic, three cloves, a bay leaf, and when about done, add peeled tomato and one minced green pepper. They may be baked or cooked this way.

BEANS NORMANDIE—Soak beans over night, then put to boil with a quart and a pint of water, a

sliced carrot, a yellow turnip, an onion and a bouquet. Salt and cook for an hour. Put two big spoonsful of butter in a pan with a spoonful of flour. Make a creamy sauce by adding the water from the beans. Now fill your baking dish, first with a layer of sliced potato mixed with minced onion, then the semi-cooked beans, then potatoes and so on, till filled, then add half a glass of white vinegar and bake until the potatoes are done, by which time the beans will also be done.

STRING BEANS WITH RAISINS—Boil beans as usual, adding one ounce of brown sugar, a pinch of salt, some pepper and one-fourth pound of raisins to a quart of cooked string beans. Cook raisins with beans for ten minutes.

ASPARAGUS TIPS A LA MORNAY—Cook your asparagus in salted water as usual. Put in buttered baking dish when done, pouring enough cream sauce over it to cover. Sprinkle with grated Swiss or Parmesan cheese, a little butter. Bake for ten minutes, by which time it should be a nice brown.

COLD STUFFED ONION—Make a paste of Roquefort, American, Camembert, Schloss, Sierra or bits of cheese on hand, adding a fifth the amount of butter; then add some chopped chives, a little chervil, a little port wine and cognac, and if it is too thick, add a little cream to bind it. Add paprika. Take firm white onions, thick-skinned. Quarter the sections into even crescents, and then take the cheese paste, put into a bag that opens at one end through a fancy shaped funnel. Squeeze the paste on the onion in flower design.

STUFFED PEPPERS, ITALIENNE—Plunge all fresh peppers in hot fat a minute to detach the skin,

which comes off with a little rubbing. Cut off the stalk ends and remove the seeds. Fry some onions, well chopped, in oil or butter, adding also some minced peppers. To half a cup of this add a cup of minced mushrooms and a cup of sausage meat and a little thick tomato puree or catsup if desired, although the unseasoned puree is best. Mix well, then thicken with bread crumbs, salt, pepper, nutmeg, and bind together with the yolks of two eggs. Fill the peppers with this, lay on top of thin slices of fat pork, and a little butter, and bake for fifteen minutes. Before ready to serve, pour a little tomato sauce over all, then sprinkle with Parmesan cheese and return to oven to melt the cheese.

ITALIAN SPINACH—Clean the spinach thoroughly, first removing the tough stems. Set to cook, without water. When cooked, drain. Put in vessel and chop as fine as possible. To a pint of cooked spinach add a cup of whipped cream, salt and a little white pepper. Sprinkle with cheese, Parmesan, and set in the oven for three minutes to melt the cheese.

PARISIAN POTATOES—Unless you procure tiny new potatoes about the size of marbles, you must fashion them with a potato spoon. This is a sharp-edged steel spoon, with which potatoes of symmetrical size are scooped out of large potatoes. It is a dainty way to serve them. Parboil for three minutes in salt water, drain, add butter and parsley, and cook until done, or about ten minutes.

GLACED ONIONS—Parboil in salt water, covering tightly. When about three-fourths done, put in porcelain-lined kettle with plenty of butter and a little sugar. This coats them.

BROILED MUSHROOMS — Having washed them, cut off the stems. Dip in melted butter, then broil over a clear fire. Salt and pepper.

FRIED HOMINY—Roasted and broiled duck is usually served with fried hominy, which is boiled the same as mush. Pour into baking dish when cooked, standing to cool. Cut into cakes about two inches by an inch, dip into egg, then crumbs, and fry in hot fat.

PEAS FARMER STYLE—Shell enough peas to make two cupsful. Take twelve firm, large asparagus tips, an onion, a firm head of lettuce cut fine, six small French carrots, each cut in two, three ounces of butter, a pinch of salt and one of sugar. Add enough water to cover, and simmer slowly until all the vegetables are thoroughly done.

POTATOES RISSOLEE—Obtain very small potatoes. Wash, and boil in water well salted, thus preventing them from becoming mealy. When about done, peel, and put into saute pan with plenty of butter. Roast until brown. Put into deep dish with plenty of chopped parsley. Salt and pepper.

CELERY VICTOR—Allow one stalk for each person to be served. Wash, removing the green tops. Now take some highly seasoned soup broth and boil these stalks of celery until very tender, keeping covered to prevent the escape of the aroma. The stock may be used for any purpose desired, being really improved by having the celery boiled in it. Cool and drain, and serve with French dressing in which a goodly quantity of fresh black pepper has been ground. Use only the more tender, inner part of each stalk. The outer part may be boiled, cutting into smal. bits, then strained, and made into a cream of celery soup.

POTATO JULIENNE—This is made by cutting potatoes into long strips like matches. Fry in swimming hot lard. Drain and sprinkle with fine salt.

CORN FRITTERS SUZAN JONES—One pint of grated corn, one teacup of milk, half a teacup of flour, small teaspoonful of baking powder, one tablespoonful of melted butter, a teaspoonful of salt, a little pepper. Mix as for ordinary corn fritters, bake the same, except in rendered bacon grease.

POTATOES RITZ—Peel the potatoes, allowing one large potato to each individual to be served. Cut into half-inch dices. Boil in salt water ten minutes. Drain. Brown with butter. The potatoes should be in nice little bits, each browned separately.

ONIONS HONGROISE—Take a large Bermuda onion, chop fine, cover with water, and cook until tender. Drain, adding half a pound of fresh cream cheese, a pint of sweet cream, a large can of pimentos (red peppers), a teaspoonful of paprika and serve in chafing dish. Do not add salt.

TOMATO STEW BRAZILIAN—Dice a piece of white bread and simmer with two ounces of butter, slightly browning it. Add four peeled tomatoes and one can of Lima beans, salt and pepper. Drain the liquid off the beans. Add a half cup of chicken broth or well flavored stock. Simmer for twenty minutes.

RED CABBAGE BOILED—Slice a small head of red cabbage very thin. Peel and slice four apples. Add to this also a pinch of salt, half a wine glassful of vinegar, pepper, a ham bone or pig's knuckle, a pint of soup stock and a piece of butter the size of an egg. Simmer for three hours.

CORN SAUTE WITH PEPPERS—Cook corn on the cob as usual. Cut from the cob when done. Scrape

off the kernels. Shred some sweet red peppers, mixing with the corn. Add a liberal amount of butter, and heat, but do not boil.

SWEET POTATOES, SOUTHERN—Peel some sweet potatoes, cutting into lengthwise strips about an eighth of an inch thick—rather thick. Into a saute pan put some butter, then potatoes, sprinkling them with brown sugar. Then place on top another layer of potatoes, sugar them, and so on, filling the pan. Add hot water, cover the dish, and set in the oven to bake until soft.

VIENNESE CARROTS — Parboil them in salt water. If they are not of the small French variety, use a vegetable spoon and scoop out small carrots from the larger tubers. When half done, drain off the water, put in saute pan with a little well flavored soup stock, salt and a bit of sugar, letting the liquid reduce until the carrots are glazed and tender, then add butter to which has been added the juice of a lemon and a little additional stock.

POTATOES O'BRIEN—Dice some raw potatoes into small sections and saute (fry them in butter) until nice and brown. Drain off the excess butter, and then cut into small squares some sweet red peppers, mixing about four parts potatoes to one of peppers. Heat together and serve.

CREAMED CARROTS — Either secure small French carrots or cut your carrots into equal parts on a cutter. The best way is to cook in soup stock. Thicken with flour and cornstarch moistened with cream. Add a bit of sugar, salt and white pepper and a lumb of butter.

LENTILS WITH BACON—Lentils are very nourishing food, and should be on the menu every now

and then. Soak a pound and a half for six hours, or over night if they are old. Put into saucepan with a half-pound of lean bacon, a bouquet of parsley, carrots, bay leaf, thyme, onion and a clove. Simmer until done, removing the bouquet. Season with more salt and pepper, the juice of a lemon, a spoonful of butter and chopped parsley.

POTATOES AU GRATIN—Cook potatoes in salt water slowly. Drain off the water and set away to cool. Mince, salt and pepper, placing in a shallow baking dish, with a liberal sprinkling of Parmesan cheese now and then, and covering with a layer on top. Last of all add enough cream to moisten well. Sprinkle with a bit of cayenne. Bake until the top acquires color.

STEAMBOAT POTATOES—This is an old fashioned method, very much liked. Butter a baking dish. Add sliced raw potatoes, seasoning with salt, pepper and adding a bit of butter when about a third filled. Repeat, adding more butter. Add milk and cream, half and half, placing butter on top. Bake until the top is brown.

POTATOES SOUFFLED—Have two kettles of fat, one having fresh kidney suet, clean and white. Slice your peeled potatoes into pieces of equal size through the entire length of the potato. Put into cold water for half an hour. Drain, and shake in a cloth to remove water. Plunge these slices, which should be about an eighth of an inch thick, into a kettle of lard of less temperature than smoking hot. Fry until they begin to become soft, but not discolored. Skim out with a wire spoon, and plunge into the second kettle, having fat of smoking temperature, waiting long enough for potatoes to cool slightly. They should puff up immediately.

PASTRIES, PUDDINGS, DESSERTS

The Closing and Most Remembered Item at Dinner

The question of desserts is a serious one. They should be of such character and perfection that they will be relished after a complete dinner, and much discretion must be used in selecting as well as making.

The menus given contain a general ruling for character of desserts with various kinds of dinners, and housewives will rapidly come to have a chef's discrimination in those matters, after a little practice.

As in the making of breads and other flour compositions, there should be no wasteful purchases of poor flour, as the dishes under this heading are especially in a class which requires the most perfect elements.

In purchase of chocolate, flavorings, sugar, etc., follow general recommendations contained herein.

PASTRY FOR PIES, TARTS, ETC.—A pound of flour, a half-pound each of lard and butter mixed, a cup of milk and a pinch of salt and one of sugar. Beat the lard and butter together until light. Then add the flour, at the same time adding the milk. Sift the sugar and salt with the flour. Work as little as possible. Set aside in ice box an hour or so before rolling out.

PINEAPPLE PIE—Line your tin with pastry crust as usual. Then slice some nice, juicy pineapples, doing this a couple of hours before ready to use. To two cups of sliced pineapple, add half a cup of sugar, or more if desired. Let stand. This makes it tender, and extracts the juice. Fill your lined tins with the

fruit, and put a cover on as usual. Bake in a moderate oven for twenty-five minutes.

"DEVIL'S FOOD"—Cream five level tablespoonsful of butter with a cup and a quarter of sugar and three and a half squares of melted chocolate until quite light, then add three eggs, one by one, beating each vigorously, making into a smooth batter. Sift three and a half spoonsful of baking powder in half a cup of flour, adding that, then three-fourths of a cup of milk, and then a cup of flour, beating very smooth. It should drop from the spoon. It may be necessary to add a bit more flour, but if pastry flour is used, this proportion is just right, as the cake should be soft and tender. Bake this in two layers, with a marshmallow filling in between, or any kind of white or cream filling.

TEA CAKE—This is also called five-minute cake, as it is supposed to be made in that time. Beat three eggs with a scant cup of sugar, whisking vigorously. Add two spoonsful of melted butter, a cup of milk and two cups of sifted flour, in which is also a level teaspoonful of baking powder. Bake in shallow tins.

LAYER CAKES—If you desire a French layer cake, it is invariably made by splitting a French sponge cake into three layers, using a sharp knife for this purpose, and cutting when the cake is quite cool. It may be baked in tins, after the American fashion, but this does not make as tender a cake, although an amateur cook may consider it easier. Splitting a cake requires deftness, patience and a sharp knife. Ingredients: Eight eggs, half a pound of sugar, half a pound of flour, well sifted, a quarter of a pound of butter and vanilla extract. Beat the eggs, yolks and

whites, then add the sugar slowly, continuing the beating, stirring it either in a vessel set in warm water or heat it near a slow fire, the idea being to thoroughly warm the eggs and sugar together, and then cooling them by removing from the heat and continuing beating until cold. Fold the sifted flour in lightly, then add the melted butter and the vanilla extract—a teaspoonful. Bake in a moderate oven for twenty-five minutes. Use a pan lined with buttered paper. If you like, bake it in three sections, baking each about ten minutes.

MOCHA FILLING—A mocha filling is made by heating half a pound of butter with half a pound of sugar until light, then add the yolks of three eggs, one by one, continuing the beating. Last of all, add a coffee cup of rich cream, and beat more until it is light and creamy. Flavor with coffee extract.

HOME COOKIES—Work a quarter-pound each of butter and sugar to a cream. Add three eggs, one at a time. Whip well. Then add a quarter-pound of sifted flour. Dress this paste on a buttered and floured pan, pressing it into fancy shapes. Bake in a quick oven, and brush with vanilla icing.

STRAWBERRY CAKE—A filling for strawberry cake is made as follows: Use a pint of milk, six ounces of sugar, four yolks of eggs, five sheets of

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Golden Gate Compressed Yeast

gelatine and a cup of strawberry puree and a pint of whipped cream. Mix the yolks and the sugar, and stir into the boiling milk. Do not let it bubble. Wash the gelatine and break in cold water, then add to the milk, stirring until melted. Strain, then add the strawberry puree, preferably made of fresh berries mashed and strained, then whip in the beaten cream. Stand aside for a time to stiffen, then spread between the cake before it has set.

CAMELIA CAKE—Beat four eggs, mixing with it half a pound of almond paste, which may be purchased of any fancy grocer. When very light, add three ounces of apricot pulp, strained, and a quarter-pound of sweet butter, continuing the beating. Have a mold lined with thin crust and fill it with the batter, baking in moderate oven. When cool, cover with meringue and place back in the oven. Ornament by placing a camelia made of sugar and gum paste in the middle of the cake and all around it.

CAMELIA CAKE (II)—Make a French sponge cake. Cut the cake in three layers, filling with the following cream: Beat a quarter-pound of almond paste with a quarter-pound of sweet butter until fluffy and light. Add a pint of apricot pulp made very fine —this by running through a hair sieve. Add a little kirschwasser. Some add apricot brandy also—just enough for flavoring—about a spoonful. Spread this in a thick paste between the layers. Finish by placing camelias on top of delicately flavored white frosting, also made in the French way. Put some thinly sliced glaced strips of chinois on top—or any other pretty colored glace fruit.

FILLING FOR CHOCOLATE ECLAIRS—Beat half a pint of rich cream with four tablespoonsful of

powdered sugar and a teaspoonful of flavoring. Set in ice to stiffen. If necessary, the cream is more apt to thicken if the pan containing it is set in ice water. Slit the eclairs and fill with this.

FILLING FOR CHOCOLATE ECLAIRS (II)—A custard filling is made as follows: Heat half a pint of milk in a double boiler. Moisten a tablespoonful of flour with two spoonsful of milk, add half a cup of sugar, and beat, adding also one egg, whipping until it is velvety. When the milk boils, add this, stirring to cream. Add a tiny bit of salt, and when cold, your flavoring to suit.

ICING FOR ECLAIRS—Into a granite pan put half a pint of sugar and five tablespoonsful of cold water. Stir, when still cold, until the sugar is melted, then put on the stove for a minute, and stir for a minute only. The moment it begins to boil, empty on a china platter. Stand to cool for eight minutes. While this is going on, melt a square of chocolate—one ounce—by shaving or grating it, and heating in a cup set in boiling water. At the end of the eight minutes, beat your syrup with a wooden spoon. It will turn white or opaque. Add the melted chocolate, and beat well, and it will soon thicken. Then place in the hot water bath again to melt it. Stick a skewer or a fork in the bottom of each eclair, and dip into this while still soft and warm. Do not stir the sugar after the

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first minute, when it begins to heat, and do not scrape the grains from the sides of the kettle.

FRENCH DOUGHNUTS—Take half a pint of water, half a pint of milk, six ounces of butter, half a pound of flour and six eggs. Heat the butter, milk and water, and when it boils remove from the fire and stir in the flour, using a wooden spoon. When well mixed, stir in the eggs, whipping each one in separately until you have a hard batter. Now pour your dough into a pastry bag. Pour the paste on buttered paper, making into ring shapes. Fry in hot, clean lard. Dust with powdered sugar.

MACAROONS—Mix one pound of almond paste (Heid's brand is preferable) with one pound of powdered sugar, then add the beaten whites of six eggs and a spoonful of flour. Stir thoroughly, beating well. Dress this paste on buttered paper, moistening the top with water, using a brush for this purpose. Bake in a slow oven for about fifteen minutes. This makes a great quantity of the macaroons.

FANCY MACAROONS—French macaroons are made by mixing one pound of the above almond paste with three-quarters pound of powdered sugar, with the whites of five eggs and a spoonful of flour. Put a fancy tube in one corner of a bag and squeeze the macaroon paste through this, about the size of ordinary macaroons. Put a half glace cherry on top of each, and dry until next day. Bake for five minutes.

PRUNE SOUFFLE—A nice pudding that every one invariably likes is made as follows: Soak a cup of prunes over night, having first washed them thoroughly. Boil them in the water in which they have been soaked, flavoring with a half stick of vanilla bean

and sweetened with a cup of sugar. When done, drain them and save the juice. Strain the pulp through a collander or wire sieve, making a puree of considerable density. It should make a cup of pulp. Now whip up the whites of six eggs until dry. When light, whip in the prune pulp and bake the same as an omelette souffle. It may be baked on a platter, piling it up into a symmetrical mound, or it may be baked in a buttered pudding mold. It may be served hot or cold, with a sauce made of the flavored juice in which the prunes have been cooked. If this is not enough, boil additional prunes. Or it may be served with whipped cream, the latter being preferred by many. The same process may be followed by using other fruit.

CABINET PUDDING—Take a pudding mold and butter the sides liberally. Fill with sponge or other cake, mixing with a cup of seeded and seedless raisins, half and half. Make a custard of three eggs, a quarter-pound of sugar and a pint of milk. Pour this over the cake. Bake it in a pan with a quantity of water about the pudding mold, as otherwise it bakes too dry. Bake this way for half an hour. Remove from mold and serve hot with vanilla cream sauce. This is a nice, dainty way to utilize stale cake and at the same

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time make a wholesome dessert dish. It may be varied by using chopped citron, chopped figs and the like, in place of raisins.

PUDDING A LA ROSSINI—Cut six large, thin pancakes into inch-wide strips and line a buttered pudding dish with them, one overlapping the other. Heat a pint of milk to boiling and add to it a pint of flour, making into a thick paste. Remove from fire, whip in a quarter-pound of sugar, a pinch of salt, two ounces of butter, two ounces of grated cocoanut, the rind of a lemon and yolks of eight eggs. Last of all, add the beaten whites of six eggs. Fill the pudding mold with this, and bake in a slow oven for thirty-five minutes. Then serve hot with orange sauce.

SAXONY PUDDING—Sift half a pound of flour into a saucepan, adding a pint of boiling milk, four ounces of butter. Stir with a wooden spoon until it is detached from the saucepan. Remove from the fire, add four ounces of butter, four ounces of sugar, yolks of eight eggs, four ounces of chopped candied fruit and the stiff whites of six eggs. Put this into molds, and cook in a water bath—or steam it—for thirty-five minutes. When done, unmold, and serve with apricot sauce, made into a thin puree and flavored with kirsch.

STEWED PRUNES ST. FRANCIS—Wash two pounds of California prunes. Then soak in water over night. In the morning, set on the back of the stove in the same water in which they have soaked, adding an inch of vanilla bean, a stick of cinnamon rind, half a rind of lemon and a cup of sugar. Simmer slowly for twelve hours, by which time the fruit is very large, tender and of great delicacy of flavor. All dried fruit should be soaked over night before being used.

COFFEE CUSTARD—Take half a pound of Java or any other mild flavored coffee desired, grinding it fine, but not pulverized. Put into a quart of boiling milk and let it infuse on the back of a stove for half an hour. Strain through cheesecloth. Beat the yolks of six eggs with six ounces of sugar, adding a spoonful of cream, and stir this into the hot milk, heating after having strained off the coffee. Let it cream, but do not boil. Then add the beaten whites of three eggs. You may add any flavoring you like, a dash of brandy or cognac being very nice. Fill the molds, standing them in hot water. Place in moderate oven. Cool off and serve when cold with English cream, apricot juice or just plain cream.

RASPBERRY SOUFFLE—Place half a pound of rapsberry jelly, using a stiff kind, in a basin, and mix with it six ounces of sugar, making a stiff preparation. Then whisk in the whites of six eggs, beaten, adding them slowly, preferably one by one, and beat for fifteen minutes. Color with a few drops of red, then put into souffle mold and bake in a very slow oven for forty minutes. Five minutes before removing from the oven, glaze it with powdered sugar, and serve immediately it is removed from the oven.

PEACH NORELLI—Take two meringue shapes, which you may obtain at the confectioner's. Fill each with a small tablespoonful of vanilla ice cream. On a

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fancy plate put an entire preserved peach, one which has been specially prepared, leaving the pit in the fruit. This should be chilled. It is a good idea to put the jar of preserved peaches on ice. Around this peach press the two halves of the filled meringue, forming an oblong. Through the center decorate with whipped cream poured in fancy design. On top of this set a maroon glace or candied chestnut, which may be obtained of any first-class grocer.

FRENCH CREAM—French cream to serve with puddings, to use as a filling for cream puffs and the like, is made as follows: Start a pint of milk to boiling in a double boiler, boiling a vanilla bean with it. Mix half a pint of sugar with the yolks of five eggs, a half cup of flour and a bit of the milk, just enough to make into a smooth paste. Stir this into the hot milk when it is just at the boiling point. Let it thicken, but do not bubble. When it is cold, fill the eclairs. Sometimes this filling is varied by adding to it a cup of whipped cream.

LILLIAN RUSSELL—Cut a cantaloupe in two, fill with French vanilla ice cream. Ice the melons, chilling thoroughly before serving.

CREAM PUFFS ST. FRANCIS — Quarter-pound of butter, a cup of water, a cup of milk, four eggs, a quarter-pound of flour. Put the butter, milk and water into a saucepan, or a double boiler is preferable. As soon as it boils, remove from fire, and add the flour, mixing with a wooden spoon. Beat well. Add the eggs one by one, beating until cold. Grease the muffin pans liberally. Put a quantity of the batter into them, being careful not to use too much, as they puff up very much. Moisten the top of the dough with the

white of an egg, and sprinkle with chopped almonds. Bake for about twenty minutes in a moderate oven. The puffs, being very light, will be hollow. Slit the edge. Have some rich, sweet cream, whipped stiff. Fill with this, and powder them with soft sugar. Serve.

APPLE FRITTERS—One cup sifted flour, three-quarters of a cup of water, the whites of two eggs beaten stiff, one teaspoonful of olive oil, one teaspoonful of sugar and a pinch of salt. Mix all together, adding the eggs last. Peel firm, tart apples. Remove the cores. Slice into half-inch slices, dip into flour and then into the batter as prepared, and fry in swimming lard for six minutes, or until the apples are tender. Serve on napkins, sprinkling fritters with powdered sugar.

VANILLA BAVARIOS—Boil a quart of milk in a double boiler, adding to it six ounces of sugar that has been mixed with the yolks of four eggs and a spoonful of milk, and keep stirring into the hot milk until it is creamy. Add five sheets of French gelatine that has been washed in cold water, stirring it until it is melted in the milk. Strain, and when cool add two spoonsful of best vanilla extract, adding also one pint of rich cream that has been whipped stiff. Put into molds of fancy shape, and serve with vanilla sauce or plain cream. Whipped cream may also be served, slightly sweetened and flavored with vanilla.

STRAWBERRY BAVARIOS—Make precisely as above, but instead of adding the vanilla extract when the cream is cool, add a cup of solid strawberry pulp, and serve, after having molded, with fresh berries piled on top. A dainty dessert.

KUGELHOLPH—Take a pound of flour, an ounce of Golden Gate Compressed Yeast, five eggs, a small

glass of milk, two ounces of sugar, a quarter-pound of butter, same of raisins, two ounces of chopped almonds and a pinch of salt. Heat the milk slightly, melting the yeast therein. Pour this into a third of the flour, making a rather stiff dough. Cover with a cloth, place near heat and let it rise for about half an hour or so. With the rest of the flour, the eggs, sugar and salt, you make another batter, which you will mix with the raised dough. Add the butter, mixing well. Then the raisins, and let the dough rise. Put the chopped nuts at the bottom of the Kugelholph mold, filling half-way with the dough. Let it rise until it is at least a third larger, and bake in oven for twenty-five minutes.

CREAM FOR CREPE SUZETTE—Make French pancakes. Be sure that the batter is thin, as the cakes should be almost of the thickness of paper. Then make a cream for the cakes as follows: Half-pound of fresh butter, half a pound of powdered sugar, the grated peel of two oranges, a dash of kirschwasser flavor. Mix the sugar and butter thoroughly, beating until it is light. Add the kirschwasser and finally the grated orange peel. Have the pancakes ready, keeping hot in a chafing or other similar dish. Spread with this cream, folding up like an English pancake. Place on a shelving dish, pour kirschwasser over all, and light when ready to serve.

VANILLA PUDDING SOUFFLE—A fourth of a pound of butter, same of sugar and the same of flour. A pint of milk, eight eggs, and a stick of vanilla. Mix the butter, the flour and the sugar, making a hard batter. Put the milk and vanilla to boil in a double boiler, and when boiling, add the above batter, stirring all the time until it is an even, creamy mixture. Remove from fire, then add the beaten yolks, taking care in mixing

that you stir it constantly, otherwise the yolks might curdle and harden. It should be a thick cream. Now add the whites, which have been beaten separately until they are dry. Mix well, and put in mold to bake for about forty minutes.

BRANDY SAUCE—Half a pound of apricot pulp, made either of fresh or preserved apricots, a pint of water, half a pound of sugar, a teaspoonful of arrowroot, flavoring with as much brandy as desired. Put the pulp, water and sugar into a saucepan and boil. Moisten the cornstarch, or arrowroot, with a little water. Add to boiling sauce. Do not let it get lumpy. Strain. Then add the brandy, about half a small cup or less, and serve hot. Serve with all kinds of fruits, dumplings, over fruits in tarts, and so on.

VICTORIA PUDDING—Take a quarter-pound of each of the following: Sweet butter, sugar, flour and chopped glace fruits. Also three eggs. Beat the butter with the sugar to a light, white batter. Continue beating, adding the three eggs, one by one. Add the chopped fruit, and then mix the flour lightly. Put into well greased molds, covered with greased paper. Steam for twenty-five minutes. Serve with brandy sauce, mixed with chopped fruits.

CHOCOLATE PROFITEROLE — Make small cream puffs, about half the size of the ordinary ones.

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Line a deep dish with them, having filled the puffs with whipped cream. Cover them with a sauce made of one pint of water, a half-pound of sugar and a quarter-pound of cocoa. Boil the water, add the sugar and last the cocoa. Boil for five minutes. Pour over the puffs. Serve hot or cold.

CUP CUSTARD—Mix four eggs with a quarter-pound of sugar, flavoring well with vanilla. Add a pint of milk and strain. Pour into cups, and bake in a Bain-Marie for half an hour in a moderate oven.

FRIED CREAM—One quart of milk, half a pound of sugar, yolks of eight eggs, four ounces of flour, one vanilla bean. Cut the bean in two and boil with the milk in a double boiler. Mix the flour with the yolks and a little of the milk, stirring into the hot milk, continuing to stir until stiff. Pour into pan. When cool, cut into oblongs or squares of two inches. Roll in beaten egg, then in cake or macaroon crumbs or bread crumbs. Fry in hot lard until brown. Serve by pouring cognac or brandy over all, adding a lump of sugar to each piece, set afire and burn until sugar is melted.

OMELETTE SOUFFLE—Mix a cup of powdered sugar with the yolks of two eggs, adding a broken up vanilla bean, and beat this until it is light and fluffy. Take out the vanilla bean pieces. Beat eight whites of eggs until they are absolutely dry and hard, adding to the creamy batter lightly. Place this on a silver platter, arranging in a fancy mound, decorating with a design by squeezing the mixture out of a pastry bag in the shape of roses and the like. Dust with powdered sugar, and bake in a rather hot oven for ten minutes.

VANILLA PARFAIT—Two cups of granulated sugar, two-thirds cup of water, yolks of six eggs, four

cups of whipped cream and a vanilla bean. Cook the sugar and water until it threads, boiling the bean with it. Vanilla extract may be substituted if desired. Take from fire, adding the cream, in which the six yolks have been stirred after the cream is whipped. Put into mold and freeze. Serve in tall, slender glasses. Garnish with candied cherries.

COCOA CAKE—Half a cup of butter, a cup of sugar, three eggs, a teaspoonful of vanilla, three-fourths cup of milk, six level tablespoonsful of pure cocoa, two teaspoonsful of baking powder and a cup and three-fourths of sifted flour. Cream the butter, adding the sugar gradually. Add the eggs one by one, whipping vigorously. Sift together half of the flour, the cocoa and the baking powder, then add the milk and rest of flour, making a mixture that will drop from the spoon. Bake thirty-five minutes. A cake is baked when it shrinks from the pan, or if, when you touch it, it springs back. Cover this loaf with a plain icing.

CHOCOLATE MOUSSE—Chill a three-quart mold by packing it in ice, allowing two quarts of salt with ice enough to fill up. While it is being chilled, prepare the following: Whip a quart of cream, drain it, and whip that which runs through. Make it very stiff. Whip it in a vessel set in ice water, as cold cream whips best. Melt an ounce of chocolate in a vessel set in hot water. Add three tablespoonsful of sugar and one of water, stirring until smooth and glossy. Whip a cup of powdered sugar into the cream, then add the chocolate slowly, whipping it in. Wipe out the iced mold and pour this fluffy cream into it, cover, and set away for three or four hours. Unmold it by placing a hot cloth around the mold, letting it slip onto a glass platter.

FRENCH APRICOT PIE—Make the paste as directed in this department. Line the tin with this. Cut the fruit in half, placing the flat side downward over the bottom of the plate. Have a rich, thick puree made of apricots that have been cooked until they fall to pieces. Sweeten well. Cover the fruit with this puree, which gives a glace appearance. Bake slowly until the fruit is done, but do not bake until it flattens and drops to pieces.

JAM ROLL PUDDING—Have a pound of suet minced fine. Add a pound of flour, a pinch of salt and a cup of milk, making a rather hard dough. Roll out a quarter of an inch thick or less. Spread evenly all over with a layer of any kind of preferred fruit jam, then roll up like a sausage, put a wet cloth all around, tie with a string to keep close together and steam for an hour. Cut into individual pieces and serve warm with hard and soft sauce.

BROWN BETTY—Pull half a loaf of white bread to small bits. Some prefer to use bread crumbs for this, but by pulling the bread, a lighter pudding is achieved. Take a pudding dish, buttering the sides and bottom liberally. Put in a layer of the crumbs, then a layer of apples or any other fruit desired, allowing about twice the quantity of fruit. Sprinkle with sugar, nutmeg and bits of butter. Add another layer of crumbs, and so on, alternating about three times. Put the crumbs last. Bake until the top is brown and the fruit well done, which should be in twenty minutes. Serve with cream or hard and soft sauce.

FRENCH CREAM CUSTARD—Boil a quart of milk in a double boiler. Beat four eggs. Pour the milk over the eggs. Strain. Add four spoonsful of sugar

and flavoring. Pour into a mold, set in hot water and place in oven for thirty minutes, or until it thickens. Unmold.

BALTIMORE EGG NOGG—Beat three yolks, the whites and yolks separately. To the beaten yolks add a fourth of a grated nutmeg, two large spoonsful of powdered sugar, whipping together. Beat in gradually a wine glass of brandy or rum and a glass of sherry. Add the stiff whites and last of all a pint of milk and a half-pint of cream. This is not a warm drink. It is easily digested, and makes a splendid drink for debilitated persons.

SAND TARTS—Take one pound of sugar, one pound of flour, yolks of five eggs, six ounces of butter, three tablespoonsful of thick sour milk in which is dissolved a flat half-teaspoonful of soda. Mix in the usual manner by rubbing the sugar into the butter, then the eggs, milk and flour. Roll out extremely thin. The dough should be very stiff. Beat the whites of two eggs dry, moistening the tops of the cakes after they are cut. Sprinkle with coarse granulated sugar, cinnamon and chopped almonds.

ENGLISH TEA CAKE—Mix two tablespoonsful of butter, half a cup of sugar and two beaten eggs. Add two cups of sifted flour slowly, into which two tablespoonsful of baking powder have been sifted

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first. Add enough milk to make a fluffy batter. Stir in one cup of currants or half seedless raisins and half currants, add a pinch of salt. Bake this quantity in two deep pie tins. When baked, cut open, spread with sweet butter and serve hot.

LALLAH ROOKH — Fill a sherbet glass with water ice, and scoop out a big spoonful from the center, filling this with creme de menthe cordial. Another fancy water ice is made by using brandy for the center. A delicious Thanksgiving ice cream is made by flavoring heavily with vanilla bean, then adding a pint of brandy to every pint of ice cream, adding this when it is semi-frozen. The freezing as well as the cooking process destroys part of the flavor of any alcoholic liquor.

FLORIDA PUDDING — Soak one quart of sifted bread crumbs in hot milk. Drain well, then add two spoonsful of cream, stirring well. Then add twelve yolks of eggs, half a pound of sugar, a quarter-pound of butter, a pinch of salt, the grated peel of an orange, half a pound of seedless raisins, the same of pineapple or other candied fruit, and last of all the beaten whites of ten eggs. Fill a buttered pudding mold about half full, and bake for thirty-five minutes, or until done.

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FISH, OYSTERS, SHELL FISH, ETC.

BAKED SHAD WITH RAISINS—Split the fish and put on a buttered baking dish the length of the fish. Slice one tomato on top of the fish, or more if necessary to cover it. Put bits of butter on the tomato, using for a medium sized fish butter the size of an egg. Put chopped parsley over this, and around the fish strew seedless raisins. Pour half a glass of white wine about the fish, and put in moderate oven to bake, time required depending on the thickness of the fish. Any cook can tell when it is done, as the fish is very tender when thoroughly cooked. Usually requires from thirty to forty-five minutes.

BENGAL OYSTERS—Get some nice large oyster shells. Wash and dry. Place a bit of butter on the bottom of the shell and a little bread crumbs. Break an egg into each shell. Cover with bread crumbs, a bit of butter, salt and pepper, and if the flavor is liked, put a drop of Worcestershire on each egg. Bake in the oven for four minutes, by which time the egg should be set and soft.

FILET OF BASS TEMPIS—Have the butcher prepare the filet. Dip in milk, then in flour and saute in butter until nicely browned. Salt and pepper. Put on a hot platter. Into the same pan in which they have been fried add more butter, say a spoonful, and brown to hazelnut color. Add the juice of a lemon. minced parsley and pour over the fish. Sprinkle liberally with chopped salted almonds.

WHITE BAIT—Wash the white bait and drain. Dip in milk and sprinkle with flour. Fry in hot swimming fat, using a wire holder to hold the fish, and drain them in this also. They should be fried a few at a time, and for only about three to four minutes, or until they acquire color. Make some thin graham bread sandwiches, covering the platter with them, then on this heap the little fish. Serve tartar sauce on the side.

SCALLOPS A LA POULETTE—The same treatment may also be applied to oysters and clams. In preparing this variety of molluscs, be sure not to cook too long, as that toughens them. Three minutes is enough, otherwise they become rubbery. Parboil for two minutes in their own juice. Drain. Keep the juice. Heat two spoonsful of flour with the same of butter, add the juice and a little stock, making a thin sauce. Season. Add the yolk of one egg and two spoonsful of cream, but do not boil. Throw in the scallops and serve.

(MUSSELS) MARINIERE—Oysters and crevisse and any shellfish may be similarly prepared. Steam them, then open on the half shell, arranging on a hot platter. Make a sauce by using the broth that results from the steaming, adding a little broth. Chop six shallot onions and saute in butter, but do not color. Add flour and mix, then reduce to a creamy gravy by adding the broth. Add half a glass of white wine, the yolk of an egg, a little cream and some chopped chives. Season. Pour this over the shellfish.

OYSTERS A LA ANCIENNA—Salt and pepper some oysters on the deep shell, putting on each bivalve a teaspoonful of catsup and a strip of raw bacon the length of the oyster. Put into hot oven for five minutes. Makes a very nice supper bite.

CRAB IN CHAFING DISH—A favorite way to prepare crab is as follows: Mince an onion, preferably a shallot onion, browning slightly with two spoonsful of butter. Add a spoonful of flour, mixing well. Then add a half-pint of sweet milk. Stir to a smooth cream. Add the meat of a small crab and a tablespoonful of sherry. Pour over toast cut in fancy shapes, serving on a deep platter.

LOBSTER A LA NEWBURG, OR DELMONICO—Remove the meat from the lobster, cutting into small bits. Heat in a saute pan with clarified butter, but do not discolor the meat. Add enough raw cream to cover. Heat quickly, then add three spoonsful of Madeira or sherry. Heat and thicken with three raw yolks of eggs. Add butter, cayenne and a bit of salt. Do not boil after adding the yolks. It may be served with tiny bits of toast, over which this is arranged, pouring the sauce over all.

FRIED OYSTERS AND SCALLOPS—Take raw oysters, scallops or clams. Drain. Dip in milk, then in flour, then in beaten egg and sift bread crumbs over all and fry in hot fat. Serve on napkin with tartar or tomato sauce.

OYSTERS A LA BROCHETTE — Take thin squares of bacon about two inches in extent. Put on small skewer or wooden stick. Put an oyster next, then another bit of bacon, and so on, allowing four of each. Dip in melted butter, then broil over a quick hot fire. Serve lemon and parsley on the dish, and maitre d'hotel butter on the side.

FINNAN HADDIE (HOME STYLE)—Take one plump haddock, removing the skin and bones. The skin comes off easily if scalded. Cut into small pieces the

size of a dollar. Take three cold peeled potatoes that have been boiled in salt water. Cut the same size as the fish. Put into saucepan and cover with cream and a piece of butter the size of an egg, season with salt and pepper. Boil for fifteen minutes.

CRAB MEAT AU GRATIN—Take the meat from one crab and shred it. Mix with a cup of cream sauce and a little paprika, or cayenne, or omit, using white pepper, if this is too strong. Fill individual baking dishes, sprinkling the top liberally with grated Parmesan cheese. Bake in the oven until top is an even brown.

WHITE BAIT REMOULADE—Put the white bait in cold milk, then in flour, and fry in very hot lard, having plenty of it, so the fish will swim—in other words, fry the same as doughnuts. When brown, remove with a wire spoon on a hot platter. Salt. Serve Boston brown bread buttered sandwiches, parsley and quartered lemons. Remoulade sauce served separately on the side. The white bait takes three to four minutes to fry.

BROILED HERRING WITH MUSTARD SAUCE—Broil the fish as usual. It is preferable to broil over charcoal rather than gas, but the latter will do. When broiled, put the fish on a heated platter, spreading butter lightly over it. Season. Serve the mustard sauce separately.

DEVILED CRAB IN SHELLS—Obtain the Eastern shells, allowing one shell to every person to be served. Fill with the following mixture: Take the meat of one crab, which is sufficient for four persons. Shred it, adding a cup of veloute sauce, a teaspoonful of English mustard, a soupspoonful of Worcester-

shire sauce, a half-teaspoonful of finely chopped parsley, salt and pepper and a bit of cayenne. Mix well. The thick sauce holds it together and keeps it from being too dry. Fill the shells, covering evenly. Make a paste of a teaspoonful each of English and French mustard and two spoonsful of melted butter. Spread this over the top, covering with bread crumbs. Bake for about ten minutes, or until the top is browned.

CLAMS CREOLE—Put a piece of butter the size of an egg in a saute pan with a small minced onion, a minced green pepper and fry until done, but do not brown. Add to this a cupful of little neck clams with their own juice. Thicken with flour to a thin, creamy consistency. Add the juice of half a lemon and a teaspoonful of sweet Spanish peppers cut into small bits. Season with salt and pepper. Just before serving, add half a cup of hot milk. Serve.

LAKE TAHOE TROUT MEUNIERE—Get a trout of two pounds or so. Salt, pepper and roll in flour, and put into frying pan with three big soupspoonsful of butter. Fry for twenty minutes. Put fish on platter, squeezing lemon over it, and sprinkle with chopped parsley. Strain the butter left in the pan over this, adding two big spoonsful of butter to it. The butter should be nicely browned. Garnish with parsley branches and quartered lemons.

FILET OF BASS OR SOLE—Cut the filet of fish in two-inch squares. Into a buttered shirred egg dish put a piece of toast. On top of this the fish, salt and pepper to taste, putting three fresh mushroom heads on each portion of fish in the dish, adding butter about the size of half an egg, and over all squeeze the juice of half a lemon and some finely chopped parsley. Cover with a glass cover, such as comes for

mushrooms, put into moderate oven for twenty minutes, seeing to it that the heat is not enough to burn the toast. Take from the oven, pour veloute sauce and a spoonful of white wine over each portion and return to oven for about five minutes.

SOLE FREDERICKSBURG—Bread the fish, after which fry in plenty of butter. Serve around it Parisian potatoes, pouring over all the butter in which it has been fried.

FINNAN HADDIE IN CREAM — Procure the tiny patty shapes at the baker's and fill. Parboil the smoked fish, then pick it to bits, discarding the bones and skin. Heat a little milk and cream, thicken with cornstarch, then add the fish, adding salt and pepper. This is a savory dish.

CALIFORNIA FRIED OYSTERS — The small California oysters may be fried or prepared otherwise in a chafing dish. To fry oysters so they will be plump looking, always parboil them in their own juice, heating it first for two minutes, no more. This prevents the juice from exuding when you fry them. Drain, salt and roll in sifted crumbs or in flour, then beaten egg and then in crumbs, this latter process making a thick crust. Fry in hot butter or fat, and serve with a bit of lemon.

ROASTED LOBSTER, DEVILED—Broil the lobster as usual, or roast it in the oven, covering with plenty of butter, salt and paprika. Bake for fifteen minutes, then spread with melted butter mixed with mustard. Serve on very hot plates, allowing plenty of melted butter.

CLAMS WITH WINE SAUCE—Take as many of the big clams as you desire to use. Remove from

shells, cut away the neck, retaining only the belly. Cook in Madeira wine for two or three minutes. Put in half as much sweet cream as you have wine. Heat to boiling. Thicken with the yolks of three eggs—this for six persons—add cayenne, salt and another half cup of rich cream. Serve in chafing dish, having small thin bits of toast on the side.

POMPANO IN PAPIOTTE—Allow one fish to each place. Secure sheets of oiled paper. Fold the squares, tearing off the corners. This makes the sheets heart shaped. Place the fish in a saute pan, having first dusted it with flour, salt and pepper. Fry until about half done, then place on the paper. In the same butter, simmer some minced mushrooms, adding a large spoonful to each fish. Add minced fine herbs, including chervil, chives and shallot onion, if an onion flavor is liked. Otherwise, omit the latter. Allow plenty of the butter inside of every paper. Fold the paper, pressing the edges together with a fold like a hem. Bake in the oven for five minutes. This puffs the paper.

CRAB A LA LOUISE—Select fresh crab, boil alive. When thoroughly chilled, take the meat from the shell, allowing one crab to every four to be served, or if the fish is small, to every three. Have either small fancy fish plates or regular salad plates. Lay on each plate some white hearts of lettuce, cutting each head into slices, securing very firm heads for this purpose. On top, lay some canned Spanish pimentos, the brilliant red variety, which is sweet. On top of the pepper place the crab meat, taking care not to break it into small bits. Over all pour French dressing which has been well peppered with freshly ground black pepper. Use tarragon vinegar in preparing your dressing.

CREAMED FINNAN HADDIE — Parboil the smoked fish. Remove from the bones and skin. Put into saucepan with a cup of cream. Simmer slowly, thickening with moistened cornstarch. When ready to serve, add pepper. Serve on toast.

PICKLED OYSTERS—Parboil the oysters in their own juice for two minutes. Drain off the broth into another dish. In this broth cut three red and two green peppers, the sweet variety, cutting the peppers into shoestrings. Boil the peppers just a minute. Add a whisky glass of white wine vinegar to a pint of broth. Let stand for twenty-four hours before serving. Just before serving, add two tablespoonsful of tomato catsup. The above proportions are for fifty large Eastern oysters. The California oysters may be prepared the same way. Just parboil. The sweet peppers should be cut like julienne potatoes.

CRAB RAVIGOTE—Take the meat of one boiled crab, mixing with a cup of tartar sauce and a little cayenne pepper. With this fill four Eastern crab shells. These are smaller than the Pacific Coast variety, and daintier to use for this purpose. Having filled the shells, sprinkle with finely chopped parsley, then spread with the chopped yolk of egg, arranging the herbs in striped fashion, a band of cayenne through the center, edged with chopped yolk of egg on one side and white on the other, fringing it with chopped parsley. Serve with quartered lemon and parsley.

BOILED CRAB—Live crabs (two), put in saucepan, cover with cold water, add one glassful of white wine vinegar, salt, one onion, one carrot, parsley in branches, thyme, a very little, boil for thirty-five minutes, let cool in its water, and serve cracked with may-

onaise or any kind of cold sauces, or take out of shell and use as salad or many hot crab dishes.

CRAB MEAT IN CREAM—Take one boiled crab, taken out of shell (called crab meat). Put in saucepan a piece of butter size of an egg, let it get warm, add two soupspoonsful of sifted flour, let get hot; when hot, add one pint of boiling milk and one-fourth of a pint hot cream. Stir well and boil for ten minutes. Salt and cayenne pepper, then add the crab meat and serve in deep dish. Dry toast to be served with it.

CRAB MEAT SUZETTE—Bake four nice potatoes. When baked, cut top off like a cover of a box. With a spoon, take inside of potato out, and fill the potato with crab meat in cream of one crab. Sprinkle some grated Parmesan or Swiss cheese on top, and bake in oven till nice and brown; serve on napkins, garnished with parsley in branches and quartered lemons.

CRAB MEAT MONZA—One pound of fresh mushrooms nicely washed, cut each mushroom in four, put in saucepan with two ounces of butter, let simmer for a half-hour. When mushrooms are soft, add crab meat in cream of one crab. Before serving, pour in one whisky glassful of best dry sherry wine.

CRAB MEAT BELLE HELENE—Take six whole tomatoes, put in hot water for fifteen seconds, take out of hot water, cool off immediately and take the skin off. Make hole on top of the tomato the size of a quarter with a teaspoon, take the inside of tomato out, season with salt and pepper, fill with crab meat monza and bake in oven for ten minutes. Serve on platters garnished with parsley and quartered lemons. (This is a fish course.)

CRAB MEAT GOURMET — One-fourth of a pound of pickled shrimps put in a saucepan. Add one ounce of butter and one-half whisky glassful of dry sherry wine; let simmer for five minutes, then add the crab meat monza of one crab.

HOW TO BOIL TERRAPIN—Take two live terrapin and put into boiling water for two minutes. Remove from water. With a towel remove the outer skin from feet, neck and head. Then put terrapin in kettle with two quarts of cold water, an onion, a carrot, a bay leaf, one clove, boiling until feet are soft. The time depends upon the age of the terrapin, some being cooked in 15 minutes, and others requiring two or three hours. When done, open the shell, take out all the meat, including the liver, from which remove the gall with scissors. Remove tail and claws and head. Cut the legs in inch-long pieces or at the joints, as preferred. Put all in jar, having first reduced the broth by boiling it down, the remaining quantity being about a cupful. Add a whisky glass of sherry wine. Leave meat in this broth. Then prepare the terrapin in any style desired.

TERRAPIN MARYLAND—Put one cup of terrapin, prepared as above, in flat pan. Add a little grated nutmeg, salt and pepper and half a glass of dry sherry. Boil till half reduced, then add a cup of thick cream, boil, and thicken with yolks of two eggs mixed and beaten with a quarter cup of thick cream and one ounce of butter. Heat, but do not boil this. Serve in chafing dish, with dry sherry and toast on the side.

TERRAPIN JOCKEY CLUB—Same as above. Before serving, add two ponies of cognac and six slices of truffles.

TERRAPIN BALTIMORE—One cup of terrapin without the liver. Put into saucepan with salt, pepper, nutmeg, celery salt, a glass of dry sherry and boil for five minutes. Now mash the liver in a salad bowl, adding two raw yolks, one ounce of sweet butter, straining through fine sieve. Now add a cup of brown sauce to the simmering terrapin, then add the liver prepared as above, pouring in gradually. Barely heat this enough to thicken. Before serving add half a glass of dry sherry.

DEVILED LOBSTER—Split boiled lobster down the center. Take out the tomaly, or soft part, mix with a teaspoonful of Worcestershire sauce, the same of English mustard, salt and pepper and mix into a smooth paste. Bake the lobster in tin for ten minutes, then take from oven and spread with the above preparation. Sprinkle bread crumbs over the whole, moistening well with drawn butter. Serve with sliced lemon.

FISH BALLS—Soak half a pound of salted codfish over night. In the morning remove water and shred the fish in fine shreds. Add a cup of unsalted mashed potatoes, one egg and a little pepper. Roll into balls or round cakes half an inch thick and two inches in diameter. Roll in flour and fry in simmering hot fat, the same as doughnuts. Drain on brown paper, serving on a napkin with parsley in branches and a quartered lemon.

OYSTERS OR CRAB A LA POULETTE—If for oysters prepare by boiling them in their own liquid for about five minutes. If the small California oysters are used boil for half that time. Into this liquid—say a pint of oysters—stir a heaping teaspoonful of cornstarch which has been moistened with half

a pint of white wine. Beat the yolks of two eggs with half a cup of cream and stir slowly into the above. Add two large spoonsful of butter. Do not let come to a boil. Squeeze into this the juice of half a small lemon. If making the sauce for crab have the crab cut into small pieces. Make the sauce just the same, except in place of beginning with the broth of the oysters for the foundation of the sauce begin with a cup and a half of cream and water in equal proportions. Then thicken with cornstarch, add the yolks and so on just the same, putting the crab meat in last.

CURRIED CRAB—Cut the crab meat into small pieces. Take butter the size of an egg, add a teaspoonful of chopped onion or shallot. Fry to a golden brown. Add a heaping teaspoonful of flour and a small teaspoonful of curry powder, stirring into the butter and onion until thoroughly mixed. Add a cup of hot soup stock and a cup of cream. Boil for three minutes. Add the crab meat and simmer slowly for about five minutes. Serve with boiled rice.

SHRIMP WITH MUSHROOMS—Fry two cups of shrimps in plenty of butter, allowing half a cup of chopped mushrooms. Add some nutmeg, seasoning and the juice of half a lemon. Add two spoonsful of tomato sauce and half a cup of stock and a few breadcrumbs. Sprinkle with parsley.

FISH GENOISE—Take any kind of fish head, preferably salmon. Cut in four and put in pan with two spoonsful of butter, a minced onion, a couple of shallots, a sliced carrot, parsley, a bay leaf, a teaspoonful of whole black pepper berries and brown, turning to keep from burning. Add half a pint of claret, reduce until about dry. Then add a pint of brown gravy, simmer for half an hour, then strain into an-

other vessel. Add two spoonsful of sweet butter and a spoonful of anchovy sauce and pour over the fish.

BASS PIERRE LE GRAND—Have ready one peeled fresh tomato, small half stick of boiled celery, one boiled beet and two sour pickles, this being for one filet. Cut the pickles, beets and celery in strips like matches. Smother all of the above in butter for ten minutes, then add a cup of fish sauce or veloute, seasoning it with plenty of bouquet. Cook the filet in butter, adding white wine sauce. Arrange on a platter, with the above ingredients over the fish, neatly arranged on the fish. On the side of the platter arrange timbales of rice flavored with a little Spanish saffron.

SAND DABS MENUIERE—Remove the black skin from the fish. Dry, sprinkle with salt and pepper and dip in milk. Roll, flour and fry in plenty of butter until a golden brown. Put on a heated platter. They should be fried briskly, as small fish is apt to look flat if allowed to fry slowly. Add more butter to that in the pan, squeezing a lemon, allowing one lemon to four fish. Strain this over the fish. Sprinkle with minced parsley. Serve with quartered or sliced lemon.

FRIED OYSTERS—An oyster fried in a thick batter loses much of its flavor. A much daintier way is to fry them in crumbs. Either the small California or the large ovsters may be prepared this way. The large eastern oysters are best prepared by heating them to boiling in their own juice, just enough to stiffen. Drain until quite dry, then dust in flour, then roll in beaten egg with which a little cream is added to thin it, then in sifted bread crumbs. Fry in butter till an even brown. Salt and pepper and serve with

lemon. The California oysters are fried the same, omitting the parboiling.

ROASTED LOBSTER, DEVILED — Broil the lobster as usual, or roast it in the oven, covering with plenty of butter, salt and paprika. Bake for fifteen minutes, then spread with melted butter mixed with mustard. Serve on very hot plates, allowing plenty of melted butter.

BROILED HERRING WITH MUSTARD SAUCE —Broil the fish as usual. It is preferable to broil over charcoal rather than gas, but the latter will do. When broiled, put the fish on a heated platter, spreading butter lightly over it. Season. Serve the mustard sauce separately.

COQUILLE OF FISH—Take the fish left over from dinner—such as salmon, bass and the like—and shred it. Put into bowl with enough cream sauce to thoroughly moisten. Pepper and salt, a teaspoonful of Worcestershire to every quart of the fish. Butter your Eastern crab shells, which may be obtained at any first-class grocer, fill with this and sprinkle with Parmesan cheese and put a bit of butter on top also. Bake for about fifteen minutes, when the tops should be a nice brown. Sprinkle with minced parsley and serve with quartered lemon, allowing one coquille to each individual.

OYSTERS SUZETTE—This is one of the favorite dishes for supper. Mince some fresh mushrooms and some salt pork. Sprinkle this liberally over large oysters in the deep half-shell. Season with pepper. Put into oven for about eight minutes.

CRAB IN CHAFING DISH—Mince an onion, preferably a shallot onion, browning slightly with two

spoonsful of butter. Add a spoonful of flour, mixing well. Then add a half pint of sweet milk. Stir to a smooth cream. Add the meat of a small crab and a tablespoonful of sherry. Pour over toast cut in fancy shapes, serving on a deep platter.

FINNAN HADDIE COPENHAGEN—If desired, this may be prepared over a chafing dish. Take three-quarters of a pound of finnan haddie meat, tearing to bits. Boil for ten minutes. Pour off the water. Add hot melted butter, a quarter pound, and two spoonsful of anchovy paste, which may be purchased ready for use or may be prepared at home. Serve with hot brown bread.

FROGS A LA POULETTE—Cut the legs in two at the joint. To a pound of legs, allow six ounces of fresh minced mushrooms. Fry in butter with the mushrooms, adding half a pint of veloute sauce when fried—this being a highly seasoned soup stock—and after simmering for a few minutes, thicken with three raw egg yolks mixed with a half cup of cream. Season with salt, cayenne, nutmeg, chopped parsley and the juice of half a lemon. It should be served hot, preferably in a chafing dish.

FRIED FROGS' LEGS WITH CREAM SAUCE—If the legs are large, disjoint them. Season and

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wet with a little milk, then roll in flour and fry in butter until a nice yellow. Fold a napkin nicely, then lay on it a bed of parsley and on this the fried legs. The cream sauce may be made by mixing flour with the butter, in which the legs have fried, adding cream and milk, then simmering to an even sauce. Season.

FROGS' LEGS DEVILED—Season the raw legs with salt, pepper, nutmeg, lemon juice and a liberal amount of mustard. Dip in melted butter, then roll in grated bread crumbs and arrange on a broiler. When brown, pour melted butter over them and serve with deviled sauce.

CRAB COCKTAIL VICTOR—Remove the meat from one crab, taking care not to break the pieces more than necessary. Prior to this place the cooked crab on the ice so it becomes very chilled throughout. Now make a sauce of three-quarters cup of tomato ketchup, a teaspoonful of Worcestershire, two tablespoonsful of tarragon vinegar and a good pinch of freshly ground pepper. Mix with the crab meat. Fill your cocktail glasses, placing them in cracked ice, which is placed in the tall, wide bowl glasses with a long stem.

CRAB PORTOLA—Remove the boiled crab from the shell, taking care to keep as entire as possible. On a salad plate arrange hearts of lettuce, cut into eighths. On the lettuce lay a whole pimento, the sweet red variety, using the canned ones which come ready for use. On top of the pepper place three spoonsful of crab meat, covering all with a French dressing, made of tarragon vinegar, one spoonful of this to three of oil, grinding some fresh pepper into it. Also salt.

FILET OF SOLE MICHELINE—Either sole or bass may be used. Have the market-man remove the filet for you. Put the fish in a buttered saute pan with enough white wine and stock to make a gravy. Cook it for about twelve minutes or until done, the time depending on the size. Do not cook until it falls apart. It should be firm. Put on a heated platter, garnishing with shrimp sauce and additional white wine sauce. Arrange Parisian potatoes about the platter.

MERRY WIDOW COCKTAIL—Take a wide glass. Put in the bottom the tails of six crevisse or crawfish—they resemble tiny lobsters. Put on top six nice asparagus tips, salt and pepper and cover liberally with mayonnaise. Put in the ice box, as near the ice as possible, to chill thoroughly. Very good.

CLAMS WITH WINE SAUCE—Take as many of the big clams as you desire to use. Remove from shells, cut away the neck, retaining only the belly. Cook in Madeira wine for two or three minutes. Put in half as much sweet cream as you have wine. Heat to boiling. Thicken with the yolks of three eggs—this for six persons—add cayenne, salt and another half-cup of rich cream. Serve in chafing dish, having small thin bits of toast on the side.